

**Changemakers: Building your Personal Brand for
Sustainable Employment
BMHP5015_BIRM
Assignment 2: Reflect Report**

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Student Name: Miller Do Espirito Santo Avelino

Student Number: 2025206

Lecture Name: Kennedy Obohwenmu

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Introduction

The purpose of this task is to analyse the skills acquired whilst also reflecting on the main points learned by completing this module.

Based on the contents was learns, I will identify my knowledge and critically evaluate the comprehension of my own employability skills and equivalence with skills suitable for professional practice in a factual or virtual environment.

The following are the main points on which I will concentrate and work:

First, I will discuss content from Unit 1 Ambition is Critical, and then I will discuss content from Unit 2 No-one is any Island. Following that, I will go over the contents of Unit 3 Me.com.

Finally, in Unit 4, I will talk about Future Me.

In the second part of this assignment, I will create a Personal Development Plan (PDP) to identify the most important skills I need to develop as a professional.

To summarise, I will use a method to expand this task that involves conducting research online, using component material, and consulting libraries.

Unit 1 - Topic 1 Ambition is Critical

According to Roy (2008), ambition can be defined as a desire to make personal or professional improvements that will lead to a person's success in life, such as having money, fame, being able to be well-ranked, or even completing a course that the person has always wanted to take.

At this point, I don't see ambition as critical, because one of the examples I have is the ambition of taking this course and completing all the modules. While studying this module, I developed a desire further to encourage my business to make a few useful contacts.

However, this module has helped me to keep my desire and focus on working as a volunteer doctor in services in Africa, so for me, it is a motivation which will support me professionally in my career and achieve success as someone who is always concerned about the well-being of others.

On the other hand, critically speaking, this module helped to control certain ambitions that I had, such as my strong desire to be a politician, since I'm fascinated by this professional career. Then, taking note of the comment of (T.S. Eliot, 1935), I realised that this might strengthen my will to become the ruler of other people and often live in flattery and dishonesty, so I decided to stop and think about it more.

In terms of authenticity, I have never changed to become another person, but I have realised that I am free to learn about different cultures with my classmates, so I began to cultivate my passion, remain humble, maintain a growth mindset, and have a positive relationship with my classmates and colleagues.

Finally, I believe my family encouraged me a little in aspects of my skilled ambition, but today I eventually realised that I have the freedom to make my own choices and be ambitious to succeed in life (Ashby and Schoon, 2010).

Unit 2 – Topic 1 No-one is an Island

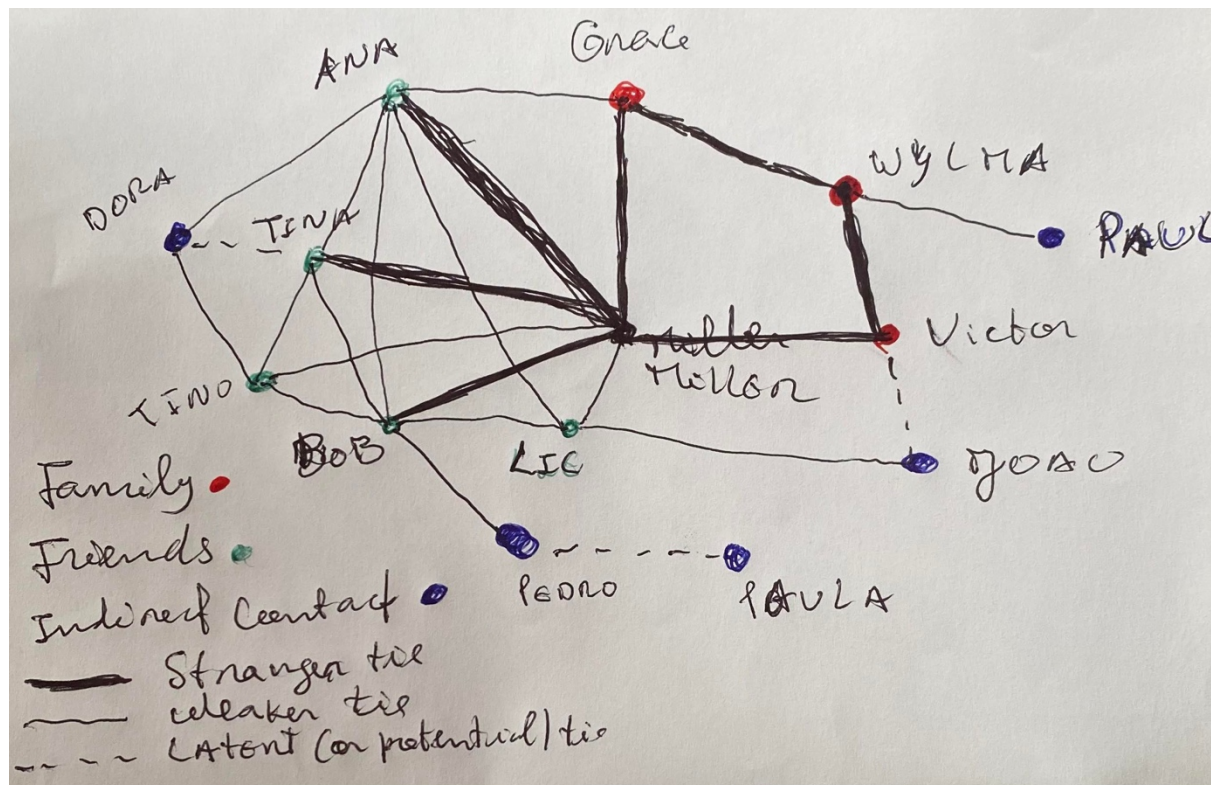
John Donne (1572-1631), said that no one is an Island for himself, which means that each of us is a part of society (world), and we must learn from each other and share what we learn.

I learned a lot about the system as well as its advancement in this subject, and I am now more connected with my family, groups of friends, and the University. As an example, let me explain that today if I am unable to attend a lesson on campus, I can go online and access classes that the lecturers have recorded.

However, this topic has been extremely beneficial to me; it has led to making decisions that I would not have been capable to take. Now, I can do evaluating better the people around me, and choose who can be close to me.

One of the things I learned is to save time, for example, completing my assignments, and submitting them on time because I had to make certain decisions regarding priority and non-priority.

So, below is a map of my network which I created using evaluation tools and structure.



(Miller Avelino, 2022)

I used three steps to do this map of the Network:

- **Selected**
- **Monitoring**
- **Improving**

The most significant benefit that this topic provided me was understanding how to evolve. As an example, before beginning to do my literature reviews, related to one assignment of one modulo, I first selected the best topic related to the practical case, and then I began monitoring it to see if it was heading in the right direction to achieve the goal. Then, I sought assistance from a lecturer to determine whether everything was ordered and if I need to improve at some points in the development of this work.

Making a brief analysis of the three types of network evolution, as related to the previous review example, I can say that I met the goal with smart goals, that I need to improve a little more in the strengths and weaknesses, and that the project's outcome had a positive impact on the case study.

Unit 3 – Topic 4 Me.com.

Summarizing what I learned in this topic was the way the **5 C's (Communicating, Collaborating, Connecting, Completing, and Combining)** showed me the opportunities and benefits of using social media before I used to simply watch videos and talk to families more, now I found many advantages in how to use it better and create my new self (Anon, 2009).

As a result of adopting the 5 Cs in social media, I gained captivating and concise opportunities to achieve my goals and the simplest way to reach people and businesses.

I was given the opportunity to easily contribute and share company information with my business owners. For example, I recently provided feedback on a new logo for a new brand and had direct contact with customers.

Today, I could work more collaboratively and as a team with anyone, anywhere to achieve a common goal.

I gained opportunities to share new ideas with people in my African community; I managed to build an online relationship with a rest home there, knowing that I am studying Health and Social Care once a week they call me to ask my opinion.

To have this influence, I needed to use Facebook to promote myself, updating my account with new information and career, which was the easiest way for these people to contact me and explain about these care homes, and show me what they are doing.



(Anon, 2009)

Finally, I'd like to say that this topic broadened my horizons and proved to me that the best way to develop and sell myself is to be linked, with everyone working together. Then, today, we have the simplest way to use social media to become more persuasive in selling our image through a blog where we can show and share our knowledge and business with others. These 5 Cs may be costly, but they are the path to success.

Unit 4 – Topic 1 Future Me

This topic was chosen specifically because it renewed my way of being and thinking. After studying it, I began to question myself regarding the choice I made once I entered university if the goal is the same or had to change, and I realised that the goal was still the same thing but I had to stop my limiting beliefs, so I stopped worrying that I was incapable of doing certain things, because I felt limited from doing something for fear of it had not gone well (Goods Habits, 2019).

However, I use this topic to guide me to develop as an individual. Limiting myself from fears of facing new challenges because I am capable of doing everything, so I improved a lot in my work today, I can question new ideas with my superiors, I no longer feel nervous and scared, and I continue to believe that I am good and sufficient like other people and that the time to learn is continuous, and there is no age to qualify, and I have enough experience to know new opportunities that arise (Blackman, 2018).

On the other hand, I realised that it is possible to change negative thinking into positive thinking by believing that I can achieve my goals. I remind that our Lectures said that all of us in the room have something valuable to contribute, even if we are unsure whether the answer is correct or incorrect. Using this method today, I'm sure I knew a lot of things, but I just let fear guide me.

To clarify, a positive attitude is in our hearts, and when we are optimistic, we will be successful. The belief that a person's efforts and skills will enable him to achieve a goal is the foundation of self-confidence. And it's also my responsibility every day to shift my belief limits from negative to positive. So, I need to think, that I can do it, no matter how difficult it is, be positive and do it no one is better than anyone else we all have something to share, and University is a bridge to success that we can only cross if we believe.

Conclusion

After finishing this written document, I concluded that the acquired skills are part of the skills required to develop my professional career, with the topics being used for future activities.

On the other hand, the skills developed and learned in this module guided me in making career decisions, I was able to overcome my limits of beliefs from negative to positive. Also, I got a new opportunity and many doors opened for a new challenge.

Finally, the knowledge gained in this programme contributes more to the improvement and development of each of us as students, so I'm confident that I and my colleagues will use it to build a sustainable approach to managing our careers. Online activities enabled the completion of this assignment.

Personal Development Plan (PDP)

	SKILL	CURRENT ABILITY	TARGET ABILITY	DEVELOPMENT OPPORTUNITY	CRITERIA TO JUDGE SUCCESS	TIME FRAME	EVIDENCE
1st PRIORITY	Written Skills	Grammar difficulties and a limited vocabulary make it difficult to construct sentences.	Good descriptive writing and satisfying critical writing	I must review the basics of grammar and spelling. I must read and revise what I intend to write. Show some of my work to Academic Support Tutors for support	Achieve a positive result in the Academic Writing Skills program assessment	During the third year of the course	University Academic Support

2nd PRIORITY	Communications Skills	I'm afraid to speak for fear of losing some words, so I keep my thoughts to myself at times.	Effective questioning, speaking, listening techniques and non-verbal communication	To improve, I will need to prepare before speaking and pay attention to nonverbal communication. Keep an eye on my tone and practice active listening. Get help from Academic Tutors Support	Keep my communication objective. I need to try to understand the main points being discussed. I must structure the arguments and presentations clearly.	By the end of the academic year	University Academic Support
3rd PRIORITY	Leadership Skills	Lack confidence in myself because I'm afraid of hurting others. So, I occasionally fail to delegate and monitor.	Confident leader who can delegate	Volunteer to lead on summer term group project	Group's Satisfaction with me; project mark; lecturer's feedback my level of confidence	During the Summer Term	Assessment Template Tutorial

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