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Reflection is associated with analysing experience and learning from it. It is an essential approach for individuals which helps them to encourage lifelong learning. Reflective practice is a significant process of learning which helps in evaluating experience and gaining new understanding. With the help of this method, personal and professional development can be encouraged by developing new skills and knowledge which is crucial. To remain competitive in the industry for an individual promoting personal and professional development offers them the advantage to ensure success in the personal and professional area. The study is conducted on reflective analysis in which the use of the Gibbs reflective cycle is done, which is inclusive of six different stages. This helps the reflector to go through all the phases and outline their experience. It helps them to focus on different things which they have experienced and the ways through which weaknesses can be overcome.

The first stage of Gibbs Reflective Cycle is a description, during the module learning of professional career development I have developed various knowledge and understanding through lecture sessions. The incident that I am reflecting on is related to my overall experience associated with the learning procedure. The main areas of reflection include how I have overcome my weaknesses and developed an understanding associated with professional skills and knowledge. During the module learning period I have engaged myself in lecture sessions and with the help of the lecturer support I have developed an understanding of different skills such as time management, research conducting, communication, listening and professional areas (Baresh, 2022). I have also focused on engaging with others to perform my maximum roles and responsibilities in a team. This has changed my understanding and knowledge of team working experience. During lecture sessions, I have also been provided an understanding of the need for SWOT analysis PDP, Johari window and learning style. I also understand various forms of learning theories which support me to be effective in developing those areas. I have also developed my learning approaches that include strategic and deep thinking. Throughout the overall module experience, I have had the chance to explore the need for SWOT analysis of PDP and

SMART objectives (Martin, Wang and Sadaf, 2018). The module overall experience provides me with the opportunity to create a plan through which I can improve my learning outcomes and professional knowledge areas.

The second stage of Gibbs reflective cycle is feeling, during the module, I learn to implement a learning style according to needs and demands. I also believe that learning from lecture sessions played an important role for me to enhance my understanding skills. The motivation from my professors played a significant role for me, I have received positive feedback from my team members which helps enhance my motivation level (Braun and Clarke, 2019). I was satisfied with using online learning modules and lecture sessions which played quite an inspirational role for me to enhance my understanding associated with professional career development courses. Receiving critical feedback from professors and my team members helped me to improve my learning style which was quite satisfying for me. To ensure growth the feedback I received from peers on my formative assessment played a significant role for me to enhance my ability to deal with the challenges in future (Tomas et.al., 2019). However, during certain periods I face difficulties in managing my time and focus on feedback to discuss it with peers. I also faced challenges associated with receiving quite negative experiences related to team working activities. During team conflicts, I was anxious and faced challenges in managing my roles (Cottrell, 2023). However, with the help of constant support from team leaders and other members communication and collaboration helped me to deal with the challenges. This overall helped me to enhance my ability to deal with complicated situations and stay motivated.

The third stage of Gibbs reflective cycle is Evaluation, during the overall learning journey it has been found that the module reflects on SWOT analysis, the significance of PDP, SMART objectives and the effective application of learning style. I have developed my learning outcome dependent on the sessions during lectures (Cottrell, 2023). I have also received my fellow learners support to complete my weekly tasks as well as assignments. I have developed my module design characteristics and completed all the task-related submissions such as summative and formative in an appropriate time frame. Based on my overall learning experience during this module my understanding of learning style has been developed. I have received the environment of a supportive learning culture which is purely dependent on negative and positive aspects. During the initial stages, I receive critique feedback to develop my learning (Tharayil et.al.,2018). However, with the help of support from my peers and lecturers, I have developed unique learning experiences by implementing a problem-based learning approach and engaging in small group discussions. One of the significant things which I have found out during this module is that I am committed to developing my knowledge related to professional career development.

The fourth stage of Gibbs reflective cycle is analysis due to various reasons I could not cover the

reading included in the learning assignments which I have planned to complete by the end of the next week. Along with this, I have not been greatly engaged in all educational activities and presentations. Due to my lack of time management abilities, I face challenges in maintaining balance in my personal and professional roles (Fergusson et.al., 2019). I am looking forward to improving my efficiency in learning new skills related to professional development courses. I am focusing on maintaining to learn new skills and knowledge from my weekly reflective journal through which I can develop my brainstorming techniques. I am also looking forward to experiencing different learning styles to identify the best according to my preferences. I am taking assistance and support from my team members, with the help of a constructive review of my performance SWOT analysis and PDP proper evaluation of the weaknesses and areas which require improvement can be drawn (Nguyen, Cannata and Miller, 2018). Making use of this feedback helps me to make improvements in my learning style and implement changes accordingly (Braun and Clarke, 2019). In addition to this, making use of SWOT analysis and PDP helped me to improve my knowledge and understanding related to personal development scales and knowledge.

The fifth stage of Gibbs reflective cycle is the conclusion after finishing the module on professional career development my confidence level has enhanced enough to define how SWOT analysis, PDP and SMART objectives can help an individual to grow. I am also quite efficient in outlining the strategies through which I can make conceptual changes in my knowledge and understanding (Martin, Wang and Sadaif, 2018). I have also developed my understanding of judging my performance based on feedback. My deeper level of thinking has enhanced associated with how feedback is essential and how SWOT analysis PDP can be framed in a way through which the development of skills and knowledge can be assured (Juuti et.al., 2021). I feel quite capable of delivering my work in the appropriate time frame. With the help of selecting learning styles and theories. I have also managed to improve my time management communication skills with the help of online learning material and sources in conclusion. I believe that I need to be more mindful to understand the significance and importance of professional learning and development. I become more aware of implementing the SWOT framework and PDP analysis. With the help of framing SMART objectives, I am looking forward to working to develop strong relationships with my team members and professors to stay confident.

The action plan is the sixth and final stage of Gibbs reflective cycle. In future, I aim to become more proactive in dealing with situations such as conflict irrespective of my role in the team and my experience level. My action plan is inclusive of focusing on critical reflection using SWOT analysis and PDP plan and taking assistance from my peers. I am also looking forward to managing my stress and anxiety to deal with the complicated situation. I believe that it is important for me to address my weaknesses and with the help of making use of SWOT analysis, I can effectively develop them (Knight et.al., 2020). I also need to understand different methods of communication and learning styles. I will take assistance with online learning material and modules and will also focus on regular professional reflective practices.

Conclusion

According to the above analysis, it has been concluded that continuous learning is important. By focusing on feedback one can develop an understanding associated with the areas which require improvement. From the above analysis implementation of SWOT analysis, SMART objectives and PDP prove to be effective in growth by overcoming the weaknesses. To sum up, it is, essential to promote continuous learning with the help of having a motivated mindset.

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