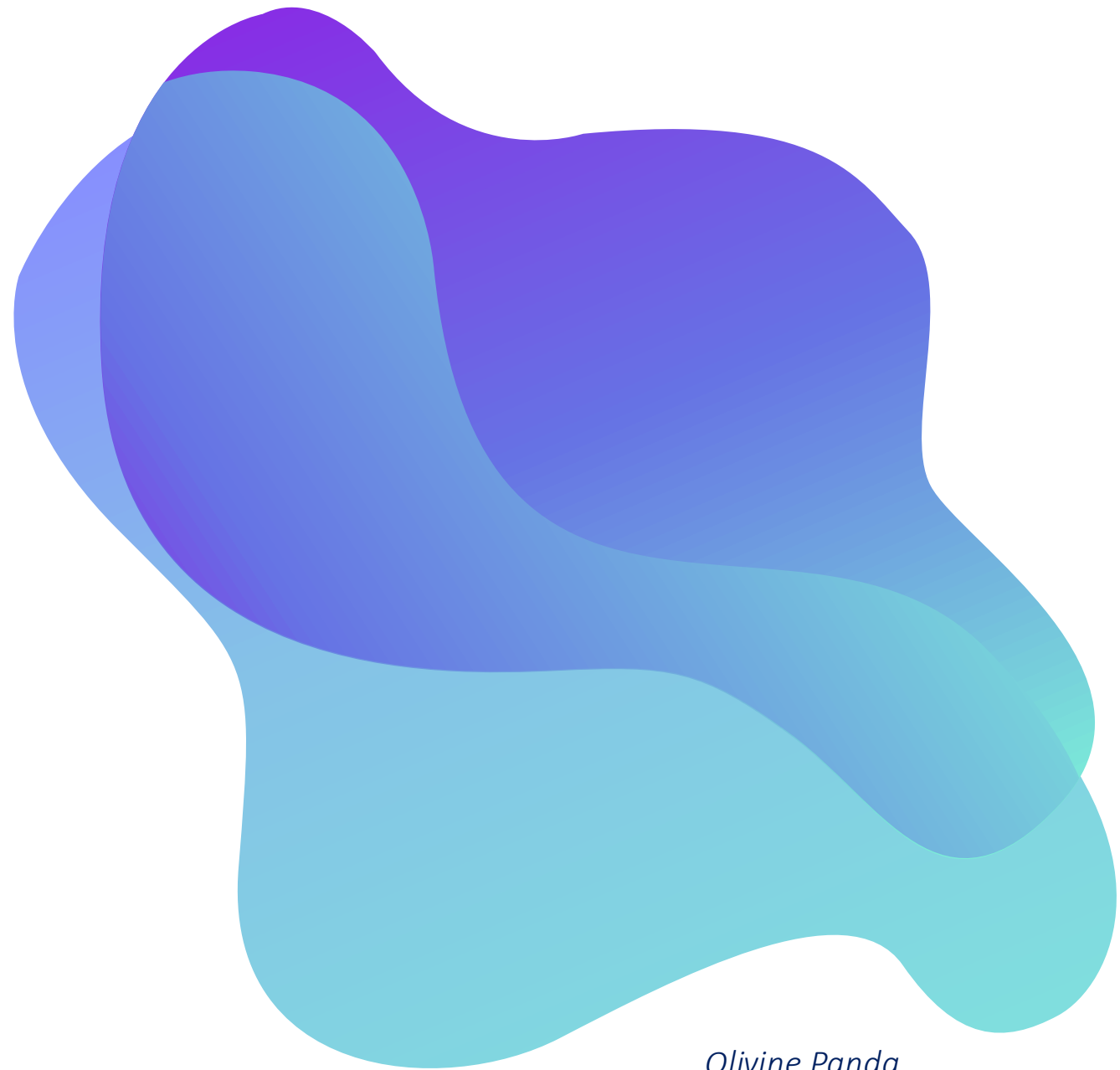


Personal Development plan 2025



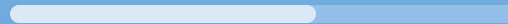
*Olivine Panda
Health and social care
student - 2416894*

SWOT Analysis

Strength



Empathy



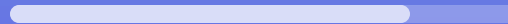
Resilience

50%



Communication

80%



Motivation

35%



Weaknesses:

Academic confidence

Opportunities :

CPD courses, Placements, universty support

Threats:

Stress, work load balance, external reponsebilitys

SMART Goal Critical Thinking:

A: Attend critical thinking workshops



M: Use 2+ academic sources per assignment section



R – Relevant:

Critical thinking is essential for progressing in Health & Social Care, especially for future therapy roles, safeguarding, and report writing.



S: Develop evaluation of theories



T – Time-bound:

Achieve this goal **by January 2026**.



My own personal swot

I am working towards becoming a **trauma-informed therapist**, offering **private e-therapy**, emotional support services, and specialised guidance for young parents, care-experienced individuals, and people with autism. My long-term goal is to build a practice that combines professional training with lived experience, creating a safe, culturally aware and accessible service for vulnerable people. I aim to complete my degree in Health & Social Care, gain further counselling qualifications, and eventually open an online therapeutic service that prioritises confidentiality, empowerment, neurodiversity, and real human connection.

Strengths

- **Resilience built from real life experience** – Young carer, young mum, survived instability, systems, trauma... and still shows up. That's operational strength.
- **Lived experience with psychosis + epilepsy in the household** – gives you *unique insight* into mental health, safeguarding, and vulnerability in practice.
- **Empathy + high pattern-recognition (autistic advantage)** – you read people, rhythms, energy and risk quicker than most professionals.
- **Strong maternal drive** – you move with purpose when it comes to children, safety, development and advocacy.
- **High pressure endurance** – court, social care, education, work... you still deliver. You don't fold.
- **Commitment to education + self-development** – currently studying Health & Social Care, attending unconsistently, actively improving communication.

Weaknesses

- **STRENGTHS (Internal Power Assets)****Communication under stress** – when overwhelmed, communication can become reactive, abrupt or overly defensive. You recognise this and want to improve.
- **Trust + boundary difficulties** – past trauma makes it hard to trust professionals or ask for help early.
- **Overworking + burnout risk** – high independence means you often carry everything alone until it becomes heavy.
- **Perfectionism** – wanting everything done “right now”, which sometimes affects pacing.
- **Emotional triggers from past experiences** – long history with services can make you anticipate judgement, even when none is

Opportunity's

- **Access to university training, placements & mentors** – you can build a strong professional profile in Health & Social Care.
- **Therapeutic pathways** – trauma therapy, communication workshops, autism-friendly support.
- **Career progression** – support worker, family support practitioner, youth practitioner, safeguarding, ~~NHS roles~~, social prescribing.
- **Your lived experience** – organisations actively *want* people who understand trauma, young parenthood, domestic abuse, care-experience, autism, and resilience.
- **Professional network** – lecturers, student services, DSA support, clinical connections.
- **Personal development plans** – gives structure for growth and makes employers trust your accountability.

THREATS (External Risks / Barriers)

- **System bias + misunderstanding of autism** – professionals may misread tone, anxiety, or communication differences.
- **Housing instability / financial pressure** – can affect study consistency if not monitored.
- **Past involvement with social services** – may create emotional pressure, impacting academic focus if not supported correctly.
- **Limited family support network** – you shoulder a lot alone, increasing stress load.
- **Mental health relapse risk** – PTSD + anxiety can flare during high-stress periods.
- **Digital distractions / external drama** – can shift focus away from coursework and long-term goals.

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Thank You

