

component 1

by Rukhsana Mahmood

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(DREW, 2023)

Strengths, Weaknesses, Opportunities, and Threats are abbreviated as S.W.O.T. The S.W.O.T. comprises of four distinct components, each with its own distinct identity and purpose. **(Foong et al., 2017)**

PERSONAL SWOT ANALYSIS



You are inclined to be successful as an individual if you maximise your abilities. Similarly, you'll have less troubles if you understand what your shortcomings are and control them so that they don't interfere with your work.

The ability to do ⁵ a personal SWOT analysis on an ongoing basis helps maintain the control of your professional life completely in your hands. Don't wait for opportunity to come to you. Make them visible!
(Herman, 2022)

STRENGTHS

- I am an extremely motivated individual with a strong desire to work towards achieving my objectives.
- I work effectively with others.
- I acquire good communication skills.
- My listening skills are excellent.
- I am constantly dedicated and can work well under pressure.



WEAKNESSES



I lack the confidence to speak up in front of an audience.



I am concerned about making mistakes since I prefer everything to be perfect.



I am really nervous, especially in social situations.

A new job or profession that requires the growth of new skills, such as speaking publicly.

This level 4 Health and Social Care course is helping me to improve my skills and knowledge.

More practice would gain better experience.

OPPORTUNITIES

THREATS

My threats might include missed chances, low self-esteem, and difficulties accomplishing my goals.

I may have trouble interacting with coworkers and clients and hence miss out on possibilities for advancement.

Anxiety of taking chances, issues accepting helpful advice, and losing possibilities for development.



(Birt, 2023)



Overcoming my weaknesses, and threats

- Through practicing public speaking and receiving feedback from trusted coworkers, I can focus on boosting my self-confidence.
- Working towards level 6 will allow me to overcome my vulnerabilities and challenges by obtaining more experience relating with a big group of individuals.
- My great listening abilities will help me build relationships with patients and clients.
- Communicating more effectively with an audience will build confidence in my ability to speak in front of others.

³ REFERENCES

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