
*Module title: Professional
Career Development within
H&SC*

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1*

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Acknowledge use of AI

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Overview



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SWOT analysis
definition



SWOT analysis



Conclusion



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introduction



MY GOAL IS TO BECOME A
COUNSELLOR WITHIN HEALTH AND
SOCIAL CARE SECTOR.



THIS PRESENTATION REVIEWS MY
PERSONAL STRENGTHS, WEAKNESSES,
OPPORTUNITIES AND THREATS.

What is a SWOT Analysis and why is it important?

- A SWOT analysis is a structured method used to evaluate internal strengths and weaknesses, and external opportunities and threats (NHS Leadership Academy,2023).
- Enables clearer goal-setting and planning for future goals, such as progressing toward a counselling career(CIPD,2022).

MY SWOT



Strenghts : Teamwork ,empathy and compassion,active listening skills,communication skilss,non-judgemental attitude



Weaknesses :building confidence,time management,building confidence



Opportunities:early career start,youth-oriented mental health rles,growing digital skills



Threats: emotional pressure,work-study balance,competitive placements

How I use my strengths to overcome Weaknesses & minimise threats

- Empathy helps me build confidence
- Active listening supports my emotional boundaries
- Good communication helps me manage difficult disclosures, allowing me to respond calmly and professionally
- Patience and calmness reduce the risk of emotional burnout
- My willingness to learn helps me manage difficulties
- Non-judgemental attitude helps me compete for placements

**What opportunities
are available for
me and how I use
my strenghts**





UNIVERSITY
SOCIETIES AND
SUPPORT GROUPS



FREE ONLINE
COURSES



VOLUNTEERING
WITH CHARITIES



LIBRARY AND
ACADEMIC
RESOURCES



UNIVERSITY
WELLBEING EVENTS



SHORT MENTAL
HEALTH
WORKSHOPS

Conclusion

- In conclusion, by using my natural strengths and engaging with the opportunities available online and at the university, I can begin to build a strong foundation for my counselling career. As I am close to finish my first year at university level 4, by engaging with training, voluntary opportunities, I can continue to develop the key skills needed for counselling because I will continue in level 5 therefore these opportunities will help me grow both professionally and personally and will prepare me for future placements and responsibilities as I progress toward becoming a qualified counsellor.

references

CIPD (2022) SWOT Analysis Factsheet. Chartered Institute of Personnel and Development. Available at: <https://www.cipd.co.uk> (Accessed: 7 November 2025).

NHS Leadership Academy (2023) SWOT Analysis Toolkit. NHS England. Available at: <https://www.leadershipacademy.nhs.uk> (Accessed: 7 November 2025)