

LCHS4009: professional development

Assessment 1: self-awareness presentation

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Aims & Objective



Professional Goal: To gain practical experience in the healthcare sector through internships and volunteer work during my university studies in the UK.

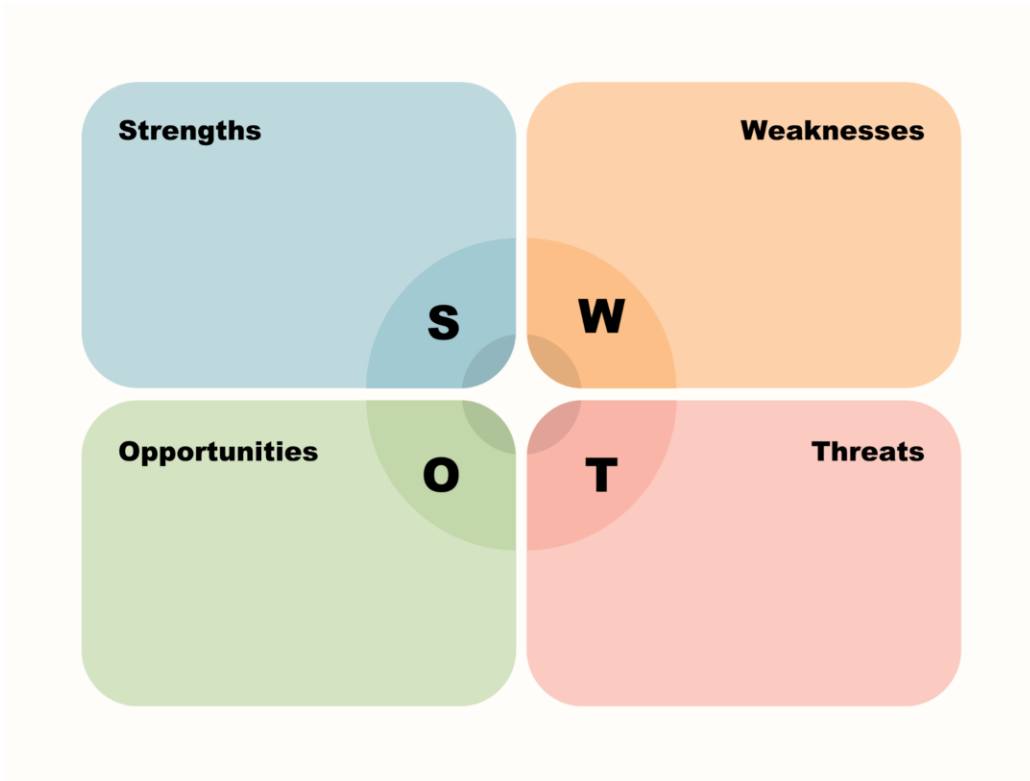


Skill Development :Engaging in internships and volunteer opportunities will allow me to develop essential skills, such as patient communication, teamwork, and problem-solving, which are critical in the healthcare field.



2. Networking Opportunities: Building relationships with professionals in the industry can open doors for future job prospects and mentorship, enhancing my career trajectory.

SWOT Analysis:



- What is swot analysis?
- A SWOT analysis in the UK health and social care sector is a strategic planning tool used to evaluate the Strengths, Weaknesses, Opportunities, and Threats related to a specific project organisation, or service.
- SWOT analysis helps us see what's working well and what we need to improve in our health and social care setting. It also helps us plan for the future and deal with any challenges.

Strengths



- Excellent communication and interpersonal skills



- Empathy and compassion for others



- Teamwork and reliability



- Strong sense of responsibility and ethics



- Eagerness to learn and improve

weakness



- Lack of confidence in new or busy environments



- Sometimes overcommit to tasks



- Need to improve time management and prioritisation



- Limited experience with complex health conditions

opportunity

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- Free or funded training programs (e.g., Care Certificate, Level 3 Diploma)
-
- Apprenticeships and NVQ qualifications
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- Growing demand for care workers in the UK
-
- Mentorship and professional networks
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- Pathways into nursing or social work

threats



- High workload and emotional stress



- Staff shortages and burnout in the sector



- Competition for training and job progression



- Policy or funding changes affecting care services



- Risk of workplace injuries or illness

Reference list

- 1. Skills for Care (2023). ***The state of the adult social care sector and workforce in England 2023***. Retrieved from <https://www.skillsforcare.org.uk>
- 2. NHS Health Careers (2024). ***Careers in Health and Social Care***. Retrieved from <https://www.healthcareers.nhs.uk>
- 3. Department of Health and Social Care (2024). ***People at the Heart of Care: Adult Social Care Reform***.