

I have joined and have been attending the University of Wales trinity Saint David. The reason why I joined is because I want to gain a better understanding of professional career development and improve my life. Also, joining this course of professional career development will help me improve my business skills and performance. I am looking forward to developing my skills and career which this course will help me achieve. Also, in this course I'm hoping to build up my confidence because I struggle with anxiety. So far, I've learned a few things which are already helping me to be more professional and productive. I believe that this course will slowly step by step increase my knowledge and performance in future. As I said I am looking forward to improving my skills and personality, which this course has been helping me a lot with. I've been learning how to communicate and what type of learner I am, I learned that I am an activist learner which means I learn by physical activities. I found this out by filling out the Honey and Mumford learning styles questionnaire. I have learned that we must be confident and learn how to work in groups as a team because it's important to build together. I have also gained knowledge from modules like the SWOT analysis, SMART targets, the Johari window and a personal development plan. I have to improve in many areas and I know that I have a lot of positivity and negatives characteristics through using the Johari window. The Johari window has helped me to be more self-aware. The lectures we had in our class have been improving and were very useful. We went through the subject of employability skills: (Cottrell, S 2021) I will describe and express below what I have learned.

The SWOT analysis has been useful and helpful for me because it made me realise that there are different aspects of viewing personal development. The SWOT analysis focuses on strengths, weaknesses, opportunities, and threats. One of my strengths is that I am creative. Creativity is important for me because I'm original and imaginative which makes me think of what I could achieve in the future. I am capable of taking risks. The capability of taking risks requires courage and could lead to growth and opportunities for success. Another strength of mine is that I am a good listener. For me being a good listener is really important for understanding and close bonds, the reason why understanding is important it's because it shows I can build a relationship between class members and tutors and it leads to greater clarity, and it avoids misunderstanding others (Kevi, D 2024). Good listeners show respect to others which leads to building a good relationship between each other. Being a good listener helps me a lot in my life because I understand others and I believe that I show them respect. On the other hand, one my weakness is that I am a shy/public speaking person in our lessons I don't really talk much I listen more. I'm a talkative person but not around strangers and in public (Saul, M 2024) This could be my threat on opening a food store business.

Moreover, The SMART analysis is a career planning tool that has helped me understand the process of planning a business idea (Natalie, B 2024). A specific objective is to open a food store. My measurable objective is to promote my business by marketing online on social media 3 hours a day. As achievable objective I have connections and experience because I have worked in a store before and gained knowledge. My realistic objective is that i am passionate about marketing online and I can earn an extra income. And my time bound objective is that I will start promoting 3 months before opening and advertise my food store online. This clearly shows me how to open a food store business and it makes it much easier for me to see and understand the plan (Madeline, M 2022).

Overall, I have learned from these modules, self-awareness and how to plan a career with SMART analysis and how to design plan to make it easier for myself (Helen, W 2024). I have learned a lot about myself, and it helped me to make a strong mindset. My mind set has changed since joining this course and there's things that I can still change for example my communication skills in public and strangers. I understand the SWOT and SMART analysis but i didn't understand the Johari window, so I still have to improve in that.

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