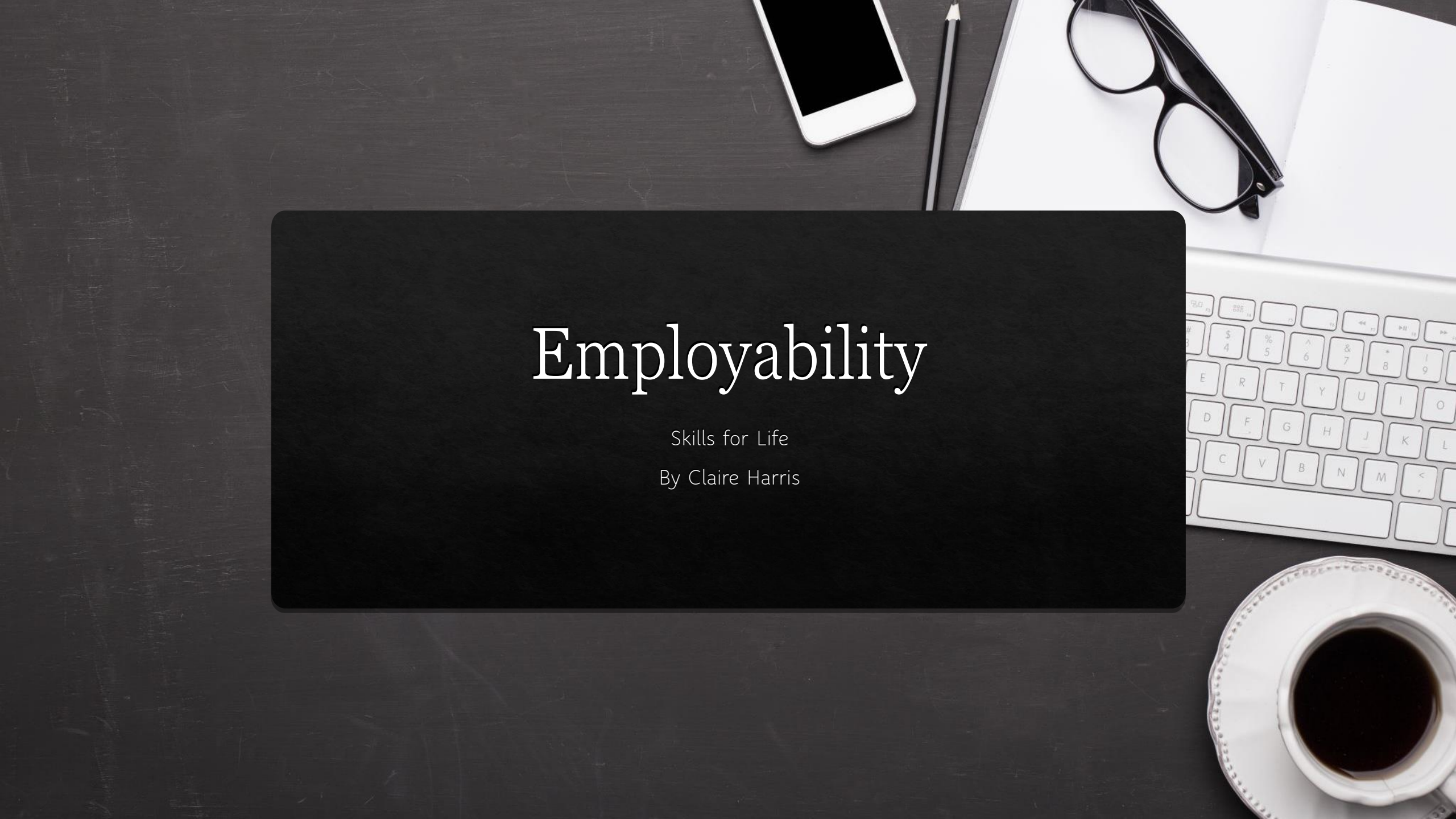




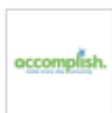
Employability

Skills for Life

By Claire Harris

Introduction

- Job Role
- Job Description
- My skills and how they can be applied to the job
- Example of how I have used these skills
- Skills developed throughout the module
- What makes me a good candidate for the job



Support Worker - GF

Accomplish ★★★★★ 150 reviews - Llanelli SA15

Apply with Indeed



Llanelli SA15



£8.21 an hour

Support Worker - £8.21 per hour – Full Time hours are 35 hours per week working 3 x 12 hours shifts

At Gwynfryn in Llanelli, Carmarthenshire we provide a supportive setting for ten people with Mental Health needs, where they can feel comfortable, safe and happy. We appreciate the value of a warm welcome and a relaxed and homely environment.

So are you ready to join a team of Support Workers who set the standard to make every day amazing, if so then you could be our next Superhero!

To join our team of super Support Workers you don't need to have super human strength or be able to fly. What you do need is the enthusiasm and commitment to live our company values every day to ensure we move mountains to support people to live happy and healthy lives.

Our Support Workers:

Our Support Workers:

- **Make every day amazing**– we love to see the people we support smile, we do all we can to help the people we support get the most out of everyday
- **Celebrate Uniqueness**– everyone is different, we want to you find the way to get the best out of all the people we support and promote each individuals independence, choice, dignity and privacy while putting a smile on their face
- **Fun**– while the day to day things need to be done including (but not limited to) help with personal care, budgeting, shopping, cleaning, cooking, laundry and assistance with medication find a fun way of supporting with them, the more fun you can fit in to the day the better your day will be!
- **Be Brave**– We encourage our staff teams to be creative and innovative in the way things are done. If you think there is a better way to do things, tell us
- **Quality**– We lead the sector on quality from the support we provide to the people we support to the training we provide to our staff. We provide an excellent induction and a sector leading training programme as well as supporting you through your QCF in Health and Social Care
- **Move Mountains**– We do not shy away from a challenge. We work with families, medical staff and stakeholders to help the people we support achieve their dreams

What I know About what Accomplish do!

- ◆ provide specialist support for people with Learning Disabilities, Mental Health needs, Autism and Acquired Brain Injuries. We have a range of services to support people along their care pathway:

(Accomplish Group 2019)

Be Brave

Quality

Job Description,
Company
Values

Celebrate
uniqueness

Move
Mountings

Make every
day amazing

Accomplish Group LTD (2019)

Transferring my skills

- ◆ Look for comparisons between my skills and the job being applied for as spoken about by (Cottrell, 2010)



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Available at: www.paralegalalliance.com

Skills are simply the things you learn that enable you to perform certain tasks

Career Key Inc (1987-2018)

- ☐ Do more than what is expected of me
- ☐ Present my self in a friendly and approachable way
- ☐ Problem solving
- ☐ Make difficult decisions
- ☐ Quick thinking
- ☐ Be prepared to deal with difficult and varied situations
- ☐ Adaptable
- ☐ Always work to a high standard
- ☐ Follow procedures
- ☐ Meet deadlines
- ☐ Bring out the best in people

Example of how I have used these skill in the past

- ❑ I am a mum- for seeing and preventing dangers
- ❑ A son with ADHD- strategies to cope with behaviours
- ❑ Cared for my husband during his illness- making difficult decisions,
- ❑ Work placement with Barnardo's following procedures and dealing with sensitive subjects, data protection, work as a team, quick thinking.

Delivering Hidden Sentence

We provide a range of workshops to raise awareness about the impact of parental offending and imprisonment, helping professionals develop skills and knowledge about how to support children and families. (Barnardo's, No date)

Skills I want to Develop

- ❑ To develop a better understanding of mental health and gain more experience.
- ❑ Creative thinking
- ❑ Develop my Reflection skills.

How to develop these skills

- ❑ Start Volunteering (Graduate Prospects Ltd, 2019) Attend Mental Health, First Aid Training courses.
- ❑ Contributing with new ideas.

Cottrell, 2010 suggests stimulating your brain with new challenges, Activities. Find different uses for an item.
- ❑ Personal Development Plan, using feedback, personal statement (Cottrell, 2010).

Why I am the right
candidate for the job.

Great Leadership
To bring out
peoples happy and
positive emotions
and being
organisation
(Cameron, K.
2012)

Skills

On the module

I have developed key employability skills for example:

- ❑ I have been made aware of professionalism

- ❑ Good Leadership

‘Good leadership will make sure the vision is kept in view’ (Cottrell, 2010, p161,B)

Applying Employability skills

Developing these skills will help in the future too:

- ❑ Integrity and respect, time management

- ❑ clear instructions, organisation, taking responsibility, leading a team, (Cottrell, 2010)

What I have learnt on this module ?

- Has helped me to reflect on my skills
- To look at ways to improve my chances of getting an interview Kennedy (2012) suggests strategies that include quizzing your self , seeking out knowledge on the internet.
- To help me think about my destination and how to get there as spoken about by Stella Cottrell (2010 , p.116) 'It is Important to work towards 'vision' how ever use the vision to inform you what you want.
- I can sale myself to an employer. Awareness of what employers are looking for , plan a head, develop interview skills (Cottrell,2010)
- Professional online networks, widening the amount of people that know about your skills and finding professionals in the same field as spoken about by (Kennedy,2012).
- Reflect on my personality for instance, The personality trait neuroticism refers to relatively stable tendencies to respond with negative emotions to threat, frustration, or loss (Lahey, 2009)

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