

In this presentation Thomas (2024) will be looking back and reflecting on an interview for the job role of a nurse. When reflecting on the interview Thomas (2024) will be looking at her strengths, weaknesses, opportunities and threats, this is also known as a SWOT analysis (Investopedia 2023) When looking at the SWOT analysis it is important to go through each of the SWOT including strengths, weaknesses, opportunities and threats to enable us to reflect and improve in future interviews. When looking at these SWOT it is important to have the understanding of what was beneficial in this interview and what could have been better to improve the guilt that was received by Thomas (2024) in the interview and having a clear understanding of your strengths and shortcomings enables you to effectively highlight your strongest attributes and tackle areas that need improvement. Being aware of opportunities and threats allows you to demonstrate your understanding of the industry and how you can add value to help in the industry (LinkedIn 2023).

Strength refers to the trait or condition of being physically or mentally powerful, enabling one to exert effort or persevere (Merriam Webster 2024). When looking at Thomas' (2024) interview there were multiple strengths that were shown such as having excellent communication skills, this is a good skill to have since this would benefit the conversation during the interview, making it easier to explain why the job role is the correct job role. Thomas (2024) also had good eye contact in this interview, when having good eye contact it shows that someone is intrigued and interested when in this interview. When having good eye contact and open body language it proves that Thomas (2024) is interested in the interview which will benefit future job roles. Another strength Thomas (2024) provided in the interview was good preparation, important to ensure that Thomas (2024) is prepared and confident in what the answers were said from questions. When being prepared this also brings confidence and shows that Thomas (2024) has organisational skills. It is important that strengths are used in an interview to offer a more intimate opportunity for recruitment to authentically understand the personalities of applicants and assess their compatibility with the firm. This also helps when being selected due to natural abilities (Prospects 2024). There are also weaknesses that were in the interview. Weakness refers to the condition or characteristic of lacking strength, firmness, vigour, or similar qualities (Dictionary.com 2024). Thomas (2024) did have weaknesses such as speaking fast, this is due to nerves and when speaking fast this could impact on how words are pronounced and could even cause mumbling to happen. This could have an impact on the answers that Thomas (2024) was giving and could have made this interview difficult and not positive since of this. Another weakness that Thomas (2024) displayed was fidgeting, this including bouncing her leg, playing with her hair and fingers. This was because of nerves but this is a weakness causing noises from the leg bouncing and irritating for everyone during that interview. A weakness that Thomas (2024) had was a lack of experience in the job role which could have impacted the decision on the opportunity on the job role. It is important that weaknesses are shown in an interview to show self-awareness, honesty, and encouragement to improve on those skills (Indeed 2023). From this interview Thomas (2024) will have gained and lost opportunities. An opportunity refers to a circumstance in which you can engage in an activity that aligns with your desires (Collins dictionary 2024). When reflecting on Thomas' (2024) interview it is important to

notice that there was opportunities such as having the opportunity to be interviewed, with this opportunity if Thomas (20024) decided to change job roles or develop in her career there will be preparation and knowledge of how an interview works. Thomas (2024) also had the opportunity to develop and improve skills in this interview. This is important since having new skills learnt from an experience is a positive opportunity and will benefit the future if there is any other interview that Thomas (2024) will have. It is important to have these opportunities to ensure that you are in the correct career and if you are deeply passionate about the job role you are wanting (skills training group 2024). There are also threats that could happen when being interviewed or after. A threat is an expression of the desire to cause hurt, suffering, or distress (dictionary.com 2024). When looking back the interview could have been incredibly competitive with other individuals that wanted that job role which could indicate a threat. Another issue is the pressure behind the other individuals being competitive and pressure on yourself to ensure that you are the best possible state in the interview to prove that you can do this job role. Having knowledge of potential dangers enables you to display your comprehension of the field and your ability to contribute to the employer's success (linkedIn 2023)

The overall outcome of this interview was positive with a good attitude, communication skills and open body language that effectively impacted it. While most of the skills and knowledge were beneficial and useful there were also things that could have been improved and could have benefitted Thomas (2024), these weaknesses include talking fast, fidgeting when being asked questions and lack of experiences. Looking back Thomas (2024) could have been able to speak slower and take time, the fidgeting was also another weakness that Thomas (2024) could have improved, taking deep breaths or having good breathing exercises to ensure that the fidgeting would not happen again. The opportunities that Thomas (2024) had from this interview were beneficial such as having experiences from an interview so that there will be preparation in the future. Developing new skills is another great opportunity for the future. Thomas (2024) also threatened this interview, such as the pressure of the interview and how competitive the job role is, which would cause more pressure.

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