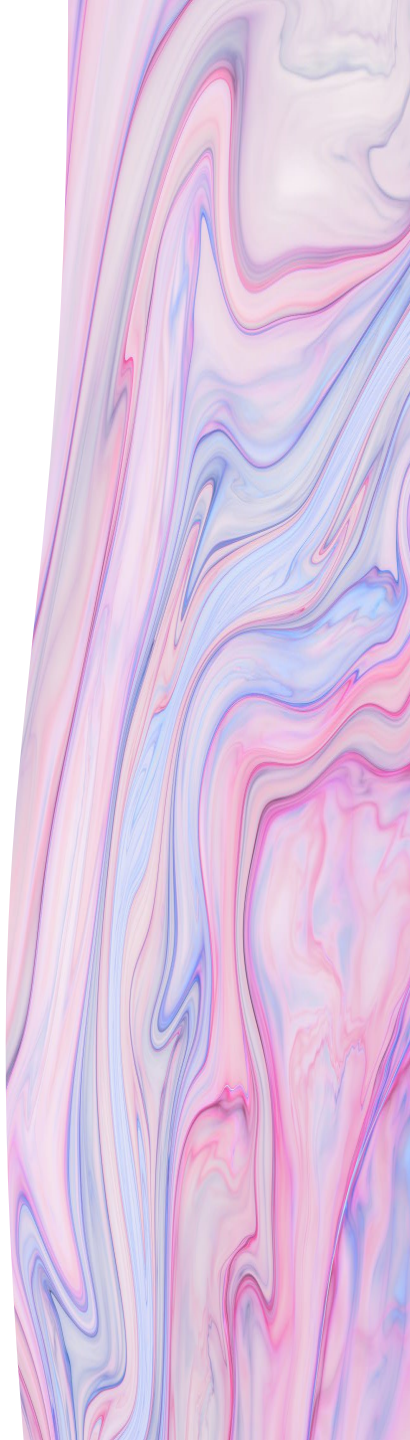


Voyka Nikolaeva (2124306)

Academic and employability skills (BMSW4001_LON)

Lecturer - Anita Nan



Overview

- **My intended career**
- **SWOT Analysis**
- **Time management**
- **Communication**
- **Empathy**
- **PDP**
- **Conclusion**
- **References**

My Intended career is Psychotherapist

Responsibilities:

- **Helping people who suffer from emotional and psychological problems.**
- **Personal conversation with patients.**
- **Report making about patients conditions.**
- **Listening and focusing on the conversations with patients.**
- **Skills:**
- **Time management – arranging our time correctly in the right order.**
- **Communication, the way we talk and listen.**
- **Empathy the ability to understand peoples emotions and feeling.**
- **Team working with colleagues.**

SWOT ANALYSIS

STRENGTHS:
Communication,
empathy, listening,
flexibility, critical
thinking

Weaknesses:
Lack of motivation, Time
Management, Academic
writing .

Opportunities:
Improving my skills and
Knowles by study in the
university.

Threats: The struggle with
time management can be
problem from my
development.

Time Management

- Combining professional tasks with our personal needs can be difficult.
- According to “Blaz K. online blog” The Pareto principle or the 80:20 rule, 80% of our success depends of 20% of our effort.
- Focusing on the right priorities when we have multiple tasks.
- It is not professional to get late, that speaks lots about us.

Communication

- **Personal conversation with patients , discovering their emotional and psychological problems.**
- **Effective communication with colleagues and patients, to fit in the topic of the conversation.**
- **The way we talk , write and listen in person and online.**
- **Building positive relationships with patients and colleagues.**
- **Good communication is also useful for demonstrating your skills for example in job interviews.**

Empathy

- The way an individual absorb and react by observing others experience.
- The empathy intensifies the likelihood of helping others by feeling compassion.
- According to the Greater Good Science Center –” It helps if we can put our self in others shoes”.
- Empathy stays in the roofs of building good relationship with patients by understanding their needs.

Personal Development Plan

- To find more time for my self to relax in order to be more productive, positive and motivated.
- Developing my time management skills by putting it in practice and study more about it.
- I can watch some more videos about academic writing.
- Improving my academic writing by writing paragraphs and show them to my lecturer.

Conclusion:

- **To be a psychotherapist requires lots of skills and knowledge.**
- **All the hard work that stands behind all jobs in this field is worthy.**
- **I have good communication skills that helps me lots in my daily life.**
- **I'm well acquainted with feeling of empathy.**
- **Combining work, single parenting and studying while moving home, doing this presentation and not having access to internet was quite interesting.**

References:

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The background of the slide is a complex, abstract pattern of thin, overlapping lines in various colors including blue, green, yellow, orange, and red. These lines resemble light trails or a dense network of connections. On the left side, there is a solid orange rectangular area. In the top-left corner, there is a small orange horizontal bar. Below the orange rectangle, there is a thin grey horizontal line.

Thank You!