

***LCHS4009 Professional  
Development within Health and  
Social Care***

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## **Introduction**

Mental health nursing is a very sensitive area of health and social care, which has been experiencing increasing pressure to provide psychological care and professional medical services (Bifarin, Felton and Prince, 2021). In England, an average statistic of every 1 in 4 adults encounters a mental health issue annually, which has posed great pressure on individuals who are qualified professionals capable of delivering safe, caring and individualized treatment (Schleider et al., 2025). The aim of this personal development portfolio is to follow my career dream to become a Mental Health Nurse through evaluating my existing skills, work practice and development requirements. The portfolio contains a customized CV, personal statement, SWOT analysis, Personal Development Plan and reflective assessment to prove that I am ready for this career pathway.

## **Selected Job Vacancy Advertisement**

The chosen career route is the Student Mental Health Nurse moving towards Registered Mental Health Nurse (RMN) in the NHS mental health services (natalie, 2026). As the position, individuals are expected to deliver nurturing care, enhance psychological wellbeing and assist individuals facing mental health issues. Mental health nurses need to possess effective communication skills, emotional resilience, and teamwork and assessment skills in order to offer effective person-centred support. The role was chosen as it fits my prior experiences of caring, such as individual support, learning communication skills and maintaining confidentiality, and further professional development in the health and social care environment.

## **Task 1: Professional CV**

- **Personal Profile**

Being a caring and motivated individual aiming at developing a career in the mental health nursing profession that I have preliminary experience in working with individuals, providing them with caring responsibilities, and being a childcare practitioner. I have excellent communication, listening and observational abilities and this means that I can know individual needs and build positive relationships with them. I am patient, flexible and determined to give respectful, person-centred support. I have a fine understanding of confidentiality, teamwork and professional responsibility and would like to continue to study and enhance my expertise and practical skills within the health and social care arena.

**Key Skills**

- Strong communication and active listening abilities.
- Ability to build trusting relationships with individuals.
- Compassionate approach towards supporting vulnerable people.
- Good observation skills to recognise changes in behaviour and wellbeing.
- Understanding of confidentiality and professional boundaries.
- Effective organisation and time-management skills.
- Ability to work independently and collaboratively within teams.
- Flexible approach to workplace responsibilities and policies.

**Relevant Experience**

- **Homecare Management | 2011–2023**

Gained substantial experience in caring, by assisting with the living needs and planning of daily routine and caring of individuals. It is an attitude that increased my patience, empathy, organisation and composure in responding to situations in challenging situations. I learned to be a caring individual to provide safe situations and support emotional and physical wellbeing.

- **Nursery Worker | 2015–2017**

Gave personal support to children, helped with learning activities, and helped to check social and emotional development. This experience enabled me to develop a communication skills, observation and understanding of individual needs. I kept notes, assisted my colleagues and played a role in the establishment of an environment of support.

- **Education**

- Level 1 Health and Social Care
- Level 2 Childcare Certificate
- Level 1 English and Mathematics

- **Career Objective**

To become a Registered Mental Health Nurse by developing the clinical knowledge, professional skills and applied experience to provide high-quality care in people with mental health issues.

## **Task 2: Personal Statement**

I hope to be a successful mental health nursing professional since I would help assist individuals to cope with their psychological, emotional and social problems (Lewis et al., 2021). I would like to be involved in this profession due to the fact that mental health has to be an indispensable component of the entire welfare, and proper assistance may greatly enhance the quality of life of a person. Mental health nurses are significant in offering caring services, building of therapeutic relationships and assisting the service users to attain increased independence. I would want to get into this profession because I am concerned about helping other people and my desire to be a positive influence in the recovery of people.

My education and prior background have prepared me with a good background in a career in health and social care. I already possess Level 1 Health and Social Care and Level 2 Childcare Certificate that has assisted me in acquiring knowledge regarding the principles of care, needs of an individual and the vulnerable individuals (Bangcola, 2023). My educational and personal experiences have enlightened me about the importance of dignity, respect, confidentiality and person-centred approaches in dealing with individuals.

My duties during my previous caring occupation have predisposed me to become a better fit to work as a mental health nurse. Homecare management practice has helped me attain being patient, responsible and capable of understanding the needs of individuals. The assistance of my daily routine, maintaining a safe environment and responding to the unexpected scenarios helped me to trust the abilities to cope with the tasks and provide constant assistance. It was an experience that made me realize the importance of emotional wellbeing and how caring treatment could contribute in the context of transforming both individuals and families.

Transferable skills to mental health nursing were also learned through my experience as a nursery worker. Effective communication, observation and adaptability was needed to support the learning, social and emotional wellbeing of children. I had an opportunity to be exposed to the one-to-one support, behaviour monitoring and record-keeping. They are useful skills in mental health facilities whereby professionals need to monitor behavioural change, effectively interact with service users as well as participate in the process of care planning (Dai et al., 2023).

I believe that I will be able to make a positive contribution to a healthcare team as in my opinion, I am able to do that based on the personal strengths (empathy, patience, active listening and commitment to help others) that I possess. I get to know that the skills required to be utilized in mental health nursing are emotional strengths, teamwork and lifelong learning.

My ambition as a prospective mental health nurse is to offer safe, dignified and inclusive care and help individuals to enhance their mental health. I plan to achieve this by further learning, through education, training and on-the-job until I become an efficient and compassionate healthcare professional. The experiences I have had in the past have made me very interpersonal and I will strive to raise my interpersonal skills to reach the professional standards of mental health nursing.

### **Task 3A: SWOT Analysis and Personal Development Plan**

#### SWOT Analysis for Mental Health Nursing Career Pathway

*Table 1: SWOT Analysis*

| Area                 | Analysis                                                                                                                                                                                                                                                                                                                                    |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Strengths</b>     | My key strengths in terms of compassion, patience and communicational skills with different people (Julia et al., 2024). The previous caring experience, and experience in the nursery, have enriched my understanding of the needs of every individual, emotional support and maintaining good relations.                                  |
| <b>Weaknesses</b>    | A current weakness is limited direct experience within professional mental health nursing environments. Although I have transferable caring skills, I need to further develop my clinical knowledge, understanding of mental health conditions and confidence in healthcare settings.                                                       |
| <b>Opportunities</b> | The mental health nursing pathway provides opportunities to gain specialist knowledge through education, professional training and healthcare placements. Working within NHS mental health services would allow me to develop practical skills, learn from experienced professionals and improve my ability to provide evidence-based care. |
| <b>Threats</b>       | Potential challenges include the competitive nature of nursing programmes, the emotional demands of supporting individuals experiencing mental health difficulties and the requirement for continuous professional development. Resilience and learning and getting professional help when needed can help address these challenges.        |

All in all, the SWOT analysis shows that currently my caring skills are quite developed, but they still do not yet meet my objective of becoming an effective mental health nurse as more study, clinical practice and self-development is required.

### **Task 3B: Personal Development Plan (PDP)**

A Personal Development Plan (PDP) is a systematic approach to developing my knowledge, skills and career readiness to a prospective career in the field of mental health nursing

*Table 2: Personal Development Plan (PDP)*

| <b>Development Goal</b>                          | <b>Actions Required</b>                                                                                                                                       | <b>Timescale and Evaluation</b>                                                                                                   |
|--------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <b>Develop mental health nursing knowledge</b>   | Complete relevant education, research mental health conditions and improve understanding of person-centred care approaches (Hormazabal-Salgado et al., 2024). | Over the next two years. Progress will be monitored through academic performance, feedback and completion of learning activities. |
| <b>Gain practical healthcare experience</b>      | Seek volunteering, placement or employment opportunities within care settings to develop confidence in supporting service users.                              | Within 12 months. Progress will be evaluated through supervisor feedback, reflection and skills development records.              |
| <b>Improve professional communication skills</b> | Participate in communication training and develop therapeutic listening techniques required for mental health practice.                                       | Within 6 months. Improvement will be assessed through feedback from tutors, colleagues and personal reflection.                   |

The given PDP is going to assist in converting my current caring skills into professional healthcare skills. Frequent reassessment of core progress will make sure that development endeavours stay pertinent and guide me to my long-term goal of being an accomplished mental health nurse.

## Task 4 of 4: Critical Reflection

### Gibbs Reflective Cycle

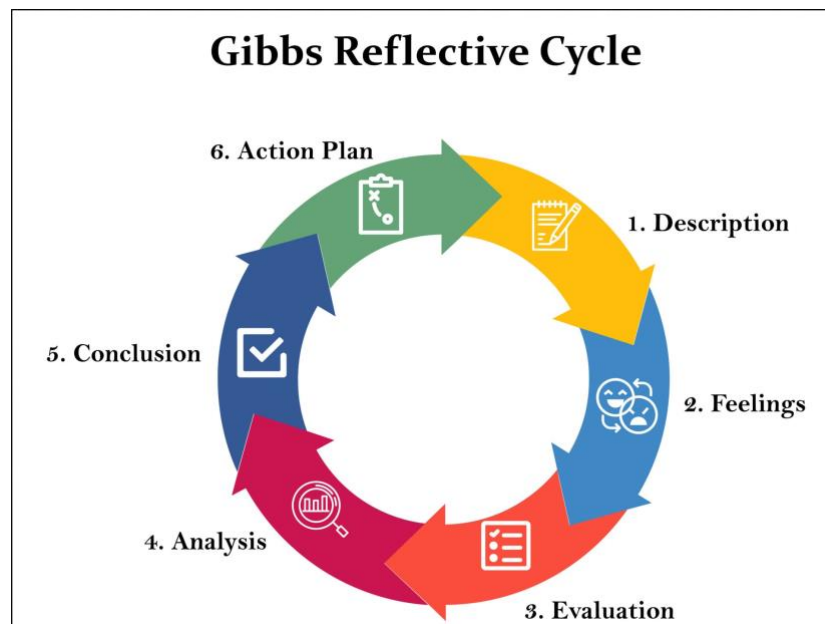


*Figure 1: Gibbs Reflective Cycle*

*Source: (McLeod, 2025)*

### **Description**

LCCHS4009 Component 1 presentation assessment was an opportunity to practice my communication, teamwork and presentation skills academically. This assignment required me to research the information that I was expected to look up on, organise the information practically and be able to clearly state my ideas (Englefield and Beale, 2025). The preparation stage revolved around familiarizing with the topic, obtaining the proper information on the subject and presenting it in a logical way. The process of presentation enhanced my understanding of the need to prepare, have confidence and effective communication skills when imparting information to other people.

### **Feelings**

I was a bit nervous prior to the completion of presentation as it was difficult to be present in front of individuals. Some of the issues that I was concerned about were to remain confident, remember significant facts and speak out. However, as I went on with the presentation, my confidence increased and I realised that practice had given me confidence. The feedback with my lecturer helped me to identify my strengths and weaknesses.

### **Evaluation**

Among the most powerful things that I accomplished in the process of the presentation was making sure that I made my work and a grouped method of introducing information. I could express my thoughts and make a constructive contribution to the assessment. The experience enhanced my skills in a clear explanation of information and working towards a professional level. Nevertheless, I also found aspects to work on, such as gaining more confidence when speaking in front of the crowd, working on presenting better and enhancing the skills of connecting with the listeners.

### **Analysis**

The experience of the presentation demonstrated the need to constantly work on the improvement and think about learning. Communication skills are vital in the field of mental health nursing since health practitioners are required to be active listeners, to be able to recognize the experiences of particular individuals, to express sympathy to the service users, families and healthcare teams (Bond, 2024). The considerations of my performance have assisted me in understanding that professional competencies are built up with precision to practice, feedback and self-assessment. Although, already I have gained good interpersonal skills as a result of my previous experience of caring, a bit further enhancement in belief and professional communication can make me win the future nursing career.

### **Conclusion**

All in all, the presentation evaluation was a good learning experience that enhanced my sense of how I will develop and how I will communicate effectively. It also showed that thinking and planning are important towards the achievement of professional development. The feedback that I got were used to indicate me the areas that I would improve in future presentation and communication in the place of work.

### **Action Plan**

In order to achieve better performance in the future, I will persist in enhancing my skills in communicating and presenting by practising, doing academic work and learning in the workplace. I will also get tutors and colleagues in order to be aware of areas where I should improve. It is also part of my time commitment to win the confidence, research skills and professional communication skills I will be more prepared to assume the role of mental health nursing in the future.

*Table 3: Action plan*

| Development Area | Action Required | Monitoring Method |
|------------------|-----------------|-------------------|
|------------------|-----------------|-------------------|

|                               |                                                                              |                                                         |
|-------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------|
| <b>Communication skills</b>   | Practise presentations and participate in discussions to improve confidence. | Tutor and peer feedback.                                |
| <b>Professional knowledge</b> | Develop mental health nursing knowledge through further study and training.  | Review academic progress and learning outcomes.         |
| <b>Reflective practice</b>    | Regularly evaluate personal performance and identify improvement areas.      | Maintain reflective notes and review development goals. |

## **Conclusion**

This portfolio of personal development shows that I can fit and am committed to working with mental health nursing in the future. The core knowledge and skills that I can transfer to my different caring opportunities are the aspects of communication, empathy and responsibility. Using the SWOT analysis, I was able to find out what capabilities and areas where I still have to work harder, and PDP provides these goals in a structured way of achieving professional goals. Through lifelong learning, reflection and experience I am hoping to acquire knowledge and competence to provide safe and person-centred mental health care in a caring manner.

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## Appendix

### Job vacancy advertisement

[Careers Home](#)[List Vacancies](#)[Sign in](#)

[← BACK TO SEARCH RESULTS](#)

## Mental Health Student Nurse 2026 (LW)

The closing date for this job has now passed.

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**Job reference:** 238488  
**Salary:** Band 5 (£34,544 - £43,039)

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**Salary:** Band 5 (£34,544 - £43,039)  
**Job closing date:** 20/03/2026  
**Job Type:** Nursing and Midwifery  
**Location:** Various  
**Employment type:** Permanent  
**Hours Per Week:** Various  
**Job posted date:** 04/02/2026  
**Employer (NHS Board):** NHS Fife  
**Department:** Various

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### Job Advert



We are currently inviting final year Nursing Students to apply for Band 5 Staff Nurse positions within NHS Fife. We are recruiting for posts within Mental Health Service Areas across Fife.

You will be offered a permanent contract to work in our clinical environments or community teams across a variety of settings and locations across Fife.

NHS Fife has a strong commitment to provide newly qualified nurses with opportunities within their preferred clinical areas, offering support and development opportunities, including the Flying Start NHS® programme in their first year.

If you are motivated and passionate about delivering high quality compassionate care to our patients and their families, in line with organisational values, we would like to invite you to apply for Band 5 Staff Nurse positions within NHS Fife. We are recruiting for posts across our Mental Health: Adult, Older Adult, Specialist, Forensics and Addictions services in both inpatient and community settings.

Newly qualified nurses will be provided with the opportunity to consolidate their learning and develop knowledge, skills and competence in supportive learning environments.

To help us find the right post for you please tell us in the personal statement which you will find in the application what your preferred specialism and location is to work in and what values you would bring to the role.

Consideration will be given to applicants planning to undertake 4th year who would wish part-time work during their study period.

Please be aware that all shortlisted applicants will be invited to interview the week commencing 3rd March

How to apply: Please visit our website [www.apply.jobs.nhs.uk](http://www.apply.jobs.nhs.uk) where you will be directed to complete an online application. Within the job pack you will be able to access a selection of sample job descriptions for Staff Nurse posts.

## CV

Tel  
Email

### **Personal Profile:**

I am a diligent and conscientious person who can adapt knowledge to different situations and working practices. I possess a flexible approach to work and enjoy achieving results. I am patient and caring and able to interact well with people at all levels. I pride myself on my ability to support colleagues and develop a positive working relationship with my peers. I am keen to achieve standards in a range of skills displaying enthusiasm to complete any given task on time.

### **Key Skills:**

- Excellent listening and observational techniques.
- Talented negotiator, determined to problem solve and find solutions.
- Possess a range of practical skills including time management and written communication.
- Competent in training new colleagues for an existing role.
- Respectful of others confidentiality.
- A flexible approach to Company attitudes and policies.

### **Employment History:**

| Participant                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Restart | 2023 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|------|
| <ul style="list-style-type: none"><li>• Attending a local provider to gain skills and confidence to enter into employment.</li><li>• Researching the various industries in the vicinity and the jobs available.</li><li>• Building IT skills and confidence using IT to research roles and apply online.</li><li>• Preparing for interviews including work attire, planning route and workload priority.</li><li>• Understanding the importance of Health and Safety and following policies and procedures in the workplace.</li><li>• Defining working in a team as well as working under your own initiative.</li><li>• Writing a constructive and relevant CV and Cover Letter.</li><li>• Understanding how to make a positive first impression and how to be professional in the workplace.</li><li>• How to deal with challenging situations and how to come to a successful outcome.</li></ul> |         |      |

**Homecare Management****Bilston****2011 – 2023**

- Teaching, educating and monitoring my children.
- Promoting physical skills, intellectual abilities, communication skills and creative expression.
- Introducing math and literacy concepts to my children.
- Prepared to handle accidents and emergencies at any time.
- Maintaining high standards of hygiene and cleanliness in the home.
- Teaching activities such as painting, drawing, handicrafts, and songs.
- Providing activities that enhance self-concept and socialization skills.
- Ensuring that the personal needs of my child are met on a daily basis.
- Planning and organising the daily schedule.
- Carrying out various tasks on a day to day basis including cleaning, laundry and budgeting money.

**Nursery Worker****Tyseley****2015 – 2017**

- 
- Working in a Nursery as part of my Stay & Play Apprenticeship.
  - Supporting with activities and day to day support of pupils and the classroom.
  - Providing general support and one-to-one assistance for pupils.
  - Helping children with their learning, playing and social development.
- 
- ~~Assisting with the preparation of a comfortable learning environment~~

- Working in a Nursery as part of my Stay & Play Apprenticeship.
- Supporting with activities and day to day support of pupils and the classroom.
- Providing general support and one-to-one assistance for pupils.
- Helping children with their learning, playing and social development.
- Assisting with the preparation of a comfortable learning environment.
- Producing accurate and up-to-date records and reports as required.
- Planning learning, play activities & school trips with other teachers.
- Organising and maintaining books, learning materials and resources.
- Monitoring the social and emotional development of the children.

#### **Education:**

|                          |      |
|--------------------------|------|
| L1 Maths                 | 2017 |
| L1 English               | 2017 |
| L2 Childcare Certificate | 2017 |
| L1 Health & Social Care  | 2010 |

#### **St John Wall School**

2010

A good standard of education was achieved.

#### **Hobbies & Interests:**

I am a very bubbly and social person and enjoy going out with friends whenever I get chance. I have a large family and try and spend quality time with them, visiting places and different activities.

#### **References:**

Available on request.