

Self-awareness Presentation.

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LCHS4009

Professional development within health and social care

- [Family Support Worker Job in Birmingham \(with Salaries\) | Indeed United Kingdom](#)

Personal Strengths:

- Ability to build warm, non-judgemental relationships with families.
- Cultural awareness: understand diverse backgrounds, speak multiple languages and have understanding of family dynamics and understand different cultures. Have interpreting experience, can work as a interpreter for families and professionals.
- Empathy and patience: Stay calm under pressure can work as a team and on my own.
- Practical Problem-solving: Support families to break down complex challenges into manageable tasks, achieve and maintain outcomes that best support them.
- Network Knowledge: Know local services, schools, health teams and how to access them.
- Enjoy meeting new people and find it rewarding to be able to support them.

Weaknesses

- Emotional Burnout: Can easily get emotional and get attached to families and take on others stress.
- Boundary setting: Can find it difficult to say no and might find it difficult to switch off from work concerns.
- Documentation: May feel overwhelmed by paperwork and system requirements.
- Time management: Managing multiple families can lead to challenges. Ask colleagues to for their time saving skills and spend 10-15 extra minutes daily on admin.
- Might not be able to work over-time due to family commitment. Be honest with my manager and make them aware of my availability.

Opportunities

- Further Training: Access courses in specific family interventions, willing to learn new skills and use them to serve families.
- Networking: Building stronger links with schools, health visitors, social workers, and community organisations. Use my communication strengths to arrange meetings and referrals for families to get help faster. Signpost them to services that they require.
- Early interventions: Prevent families reaching crisis point. Escalate appropriately. Speak to your manager or the safeguarding lead, or emergency services if immediate risk.
- Willing to learn new skills such as digital skills.

Threats

- Emotional stress and mental burnout
- Heavy workload and staff shortages/family commitment.
- Unpredictable and challenging situations
- Some Families may not ask for help because of the fear of being judged by their community. Assure families that everything is confidential.