

UNIVERSITY OF WALES TRINITY SAINT DAVID

Professional Career Development
Assignment 1

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Introduction

The professional life path of each person is strictly individual, filled with many changes, both positive and negative. It is closely related to your personal life path, which can reflect and completely change the concept of your professional development. In life it happens that we enter a rut, that we are confused, that we do not know how to continue. Also to be so fast and to fight for professional development that we forget about the most important things. In a period of isolation you have the opportunity to properly realize your priorities. When we struggle our goal, SMART tools can help us in what shows Specific, Measurable, Actionable, Relevant, Time bound (Moodle, 2019).

I am interested to choose health and social care sector as a career. To serve humanity as health and social care practitioner fascinates me and I feel myself fit for this sector. The professional career development planning includes my preferences my attitude towards my career and my commitment towards profession. Career development is a continuous effort that a person has to do to achieve goals in professional life.

It involves carefully planed of learning, hard work, and passion to work the career growth can never stop if a person does not stop learning new skills relevant to his career. Before starting career a person must know his goals and techniques to achieve goals. To accomplish this we need to have a strategy and create a plan based on our personal reflection. It is important to have a SWOT analysis under the hand and look at it what areas need to be improved, what we can use to do so, what is our strength to put in the first line of help. The personal reflection can help of my strengths, and weaknesses which we will discuss below. The strengths and weaknesses help to design a career plan (Pillay, 2009).

SWOT analysis

The SWOT technique for self-analysis is very suitable to pay attention to yourself in separate parts when you start a new career (Cottrell, 2003). It is really hard to judge yourself, but who knows us better than ourselves? With this tool you can assess more clearly who your Strengths, Weaknesses, Opportunities, Threats of future development.

Strengths

One of the reasons I want to start this career is my brother, after he was diagnosed with tongue cancer a year ago. Thanks to the doctor, who in one sentence turned his whole worldview upside down. It is amazing how sometimes words can heal a person, give him strength and opportunities. For this reason, I started this specialty, to acquire such skills and understanding of the subject, to be able to communicate and help adequately.

Previously I was scared what exactly to expect. After starting this university I can say that I remembered I improved more than my basic knowledge such as: research skills which can help to find appropriate information from different sources regarding any topic, my digital skills, how important teamwork is in the organization. Thanks to the teacher who helps me understand better and acquire better communication and interpersonal skills. The interpersonal skill helps to understand other people to whom I have to work with and communicate professionally. I have improved my skills at acquired skills are Strength in my short time. They are all Strength in both my professional and personal development. With each exercise in class, I am more confident and believe that I can achieve my goal. There are many factors that reflect on me, and this course helps me cope and gives me the right direction.

Weaknesses

I spend too much time on the details, my explanations are very detailed and you may get lost in the idea or lose interest. This trait of mine in healthcare can be a plus or a minus. I need to work on summarizing more and keeping the details just in case.

My greatest flaw is that I still fail to say no to requests and end up taking on more than I can. I use it to make a list and prepare my day more carefully to help myself improve in this area. Following Kolb's experiential learning style, which is described by 4 stages: experience, reflection, theorizing, planning. I believe that by learning from my mistakes and weaknesses I can improve these qualities and weaknesses with experience.

Opportunities

The health and social care I feel is the best sector in which I can serve better. My strengths and interests push me to become a medical professional who can solve various mental and social problems of patients. Because I love helping people, this

situation in my family affects me, I decided that I needed more knowledge with which I would be more confident in the right way and approach to people and understanding. I could be with them now and I am confident of a suitable candidate for a job in the health field.

I am currently studying, my communication can help me communicate with patients and easily understand the patient's problem. The interpersonal skill supports me to understand the patients' feelings. My friendly nature will help me mix better with patients (Dieleman et al., 2006).

Since I have never worked in the healthcare field, my goal is to complete this level of training so that I can get a certificate and learn skills to deal with this level of patients or clients. To acquire a starting base for a starting position. Determining the time frame for achieving the goals can motivate me to learn the necessary skills and perform the necessary activities. The time frame makes me study goals. Career planning is an ongoing process that never ends because preferences and requirements vary over time. Tracking the progress report helps to understand weaknesses and make improvements. Monitoring progress also helps us find a position in our careers.

Personal development plan

Personal development plan is the sequence of different jobs or works that a person does in his life for his future. The career planning is an on-going process which evaluate an individual to develop skills required for career growth. The personal development plan is constantly evolving (Gallagher, 2013). It must always be updated, because today technology is evolving rapidly so that we can be competitive so that we are aware of the latest innovations in medicine. If we have made a correct assessment of the current abilities, we have prepared an accurate SWOT analysis, we know what our weaknesses and strengths are, we can follow the personal development plan with success. In order to achieve our goals on the path of professional development, it is possible to plan the improvement of weak abilities. It helps to strengthen the passion to work in an organization. It helps to define goals and provide techniques to achieve them. Personal development planning develops positive characteristics to have sustainable career opportunities (Cottrell, 2003). SWOT analysis and personal development can also be used in the present

workplace. If you want to advance in your career, interest in a position, you can ask the manager what criteria should be met and fit into personal development. Of course, we can make plans, but unfortunately there can always be an obstacle that interrupts (slows down) your development plan. In this stressful situation you need to manage a new short plan for organizing and solving problems.

Self motivation

Self-motivation is the force that continues to motivate us to go forward – it is our internal drive to accomplish, create, grow and continue to move forward. If you think you are ready to quit something, or just do not know how to get started, it is your self-motivation that pushes you to continue. You can learn and evolve with self-motivation-irrespective of the particular situation. That is why it is such a vital tool to achieve your goals, fulfil your dreams and thrive in this journey that we call life.

I am motivated by my family, children, relatives. What motivates me the most is what I want to show that I can do it. What I began to finish with success and satisfaction. From each failure we receive feedback that we can use as an experience that we need to improve in order to present ourselves successfully next time. This is a circle of sensible development in which, if we pay attention to our weaknesses, we can turn them into our strong quality for achieving our goals.

Professional competence and satisfaction

Attitude towards work is the most influential construct for professional competence, professional competence significantly influences job satisfaction, and in turn, predicts real confidence in career development. In fact, job satisfaction is interconnected with professional competence and confidence in career development. For the professional competence and satisfaction we have to look also at employers objectives as well, as they play also an important role here and because of this they set a job interviews to make a selection of the potential employees for the job role. The interview can give an idea to the employers is the candidate likely to be able to perform into the job well, to participate within the organisation, is it able to get into the organisational culture? On the other hand employees need to look not just at job position and salary they are important too but also should look for the experience they can gain, skills and any opportunity for career progression.

In fact, the most important skills an employee should have is basically – humanity. Also communication, listening, positive attitude, time management, kind and caring, patient, empathy. Of course, any organization can offer basic training and acquaintance with the way and requirements of the organization when starting new employees.

The university gave me knowledge on how to write a CV and cover letter, how to prepare for an interview (Maund et al., 2017) The university taught me not to give up, no matter how many times I fail. In addition, it is important to be familiar with the law, the rights and obligations of the worker and his safety at work. In this way we can always prevent and protect ourselves or a colleague from unpleasant consequences.

Role play – interviewee/interviewer

A work interview is a method in which an employer interviews a potential employee for prospective jobs in their business, organisation. Our good performance in a job interview depends on our preparation. For this purpose, a preliminary study of the company and the job description for the position we have chosen. Whether we are suitable depends on whether our qualifications meet the job description. If necessary, it can be practiced to make us feel calmer and more confident. Working in class and practicing with colleagues gave me a more accurate idea of what it means to be at a job interview. The most important thing to be evaluated correctly is to be prepared, calm and confident, not to worry about failure. Unfortunately, after the teacher had devoured the sample interviews of the whole class, I could not get the feedback to use as a building block for my presentation at the interview.

Conclusion

As per the above discussion concluded that career planning is a necessary element to grow fast in professional life. The learning process never ends so I decided to keep learning all those skills that are relevant to my career growth and successful life. The career-oriented skills also help us in normal, personal life. The weaknesses which can hinder me from success are needed to be overcome. The increased overcoming of my weaknesses ultimately will assure my growth and success. The continuous learning process helps to overcome weaknesses.

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