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Module: Professional Development within Health and Social Care

Module Code: LCHS4009

Lecturer: Odette Jack

Assignment Title: Personal Development portfolio

Task 1: CV

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Individual Profile

A kind and trustworthy person who wants to work for the NHS as a healthcare assistant. I'm dedicated to providing excellent patient care, treating people with respect and decency, and making a constructive contribution to interdisciplinary medical teams. I have a compassionate disposition, excellent communication skills, and a desire to grow professionally.

Education

General Secondary Education

Safeguarding Education

First Aird

Experience at Work

Volunteering in Care Homes and Job Placement

Cera Care home – 2017/2019

helped residents with everyday tasks like eating and interacting with others.

observed carers to comprehend the habits and demands of patients

kept information private and honoured people's dignity

Retail Assistant

Lidl – 2020/2023

enhanced communication and customer service abilities

worked in a fast-paced setting as a team member

Essential Competencies

- Interpersonal and communication abilities
- Cooperation and teamwork
- Compassion and empathy
- Organization and time management
- Fundamental IT abilities
- Knowledge of secrecy and safety

Attainments

- successfully finished the Health & Social Care courses
- Presentation delivered (LCHS4009 Component 1)
- Engaging in volunteer activities

Interests and Pastimes

- Serving the community as a volunteer
- Health and well-being
- Reading about health-related subjects
- Endorsing mental health awareness campaigns

Task 2: Personal statement

I'm applying for the job of healthcare assistant because I'm passionate about helping people and making a positive impact on the healthcare industry. My long-term professional goal is to advance in the health and social care sector, accumulating experience and moving into a more specialised position like nursing. I have a special interest in patient care and making sure people feel appreciated, respected, and supported.

I have a solid foundation in important areas like communication, person-centred care, and safety thanks to my studies in health and social care. I now recognise the value of equality, confidentiality, and dignity in healthcare settings thanks to my education. Additionally, I've finished presentations and homework that improved my organisational, communication, and research abilities.

Along with my academic background, volunteering and job placement have given me real-world experience. I helped people with everyday tasks during this period and saw firsthand how carers provide excellent support. My capacity to interact with people from different

backgrounds and modify my strategy based on their requirements has improved because of this experience.

My kindness is one of my greatest assets. I am understanding, patient, and eager to hear what others have to say. Additionally, I am a good team player and recognise the value of cooperation in healthcare settings. My capacity to maintain composure under duress enables me to manage difficult circumstances in a professional manner.

In addition, I have a strong desire to grow and learn. I take criticism seriously and apply it to improve my abilities. For instance, I was given feedback on how to improve my confidence and structure during my presentation evaluation, which I have since addressed through practice and introspection.

These attributes, in my opinion, make me a strong contender for the position of healthcare assistant. To properly serve patients, I provide high-quality care and always improving my abilities. I am excited to advance in the healthcare industry and make a meaningful contribution to your company.

Task 3a: SWOT Analysis

Advantages

- Excellent communication abilities
- sympathetic and caring
- Strong teamwork skills
- Basic understanding of healthcare

Weaknesses

- Insufficient practical experience
- Insufficient self-assurance when speaking in public
- Clinical skills are still being developed.

Possibilities

- NHS training and development
- advancement in the nursing profession
- Obtaining credentials (such as first aid)

Dangers

- fierce rivalry for positions
- The emotional demands of working in healthcare
- Stress and strain at work

Task 3b: Personal Development Plan (PDP)

Objective 1: Develop practical care abilities

- Act by volunteering or gaining more work experience.
- Timeframe: Within a year
- Monitoring: Supervisor comments

Objective 2: Boost self-assurance and communication

- Act by practicing presentations and having group conversations.
- Timeline: Continuous (evaluation every six months)
- Monitoring: Comments from peers and tutors

Objective 3: Obtain the necessary credentials (such as First Aid).

- Act by enrolling in accredited training programs.
- Timeframe: In two years
- Monitoring: Completion of courses and certificates

Task 4: Reflection (Gibbs Model)

An explanation

I had to provide knowledge on a certain health and social care issue for my LCHS4009 Component 1 presentation. Researching the subject, creating the slides, and giving the presentation in front of an audience were all part of the process. My lecturer gave me verbal

Emotions

I was anxious and insecure about public speaking before to the presentation. I felt a little more at ease during the presentation, but I was still nervous. I was inspired to sharpen my abilities after getting criticism.

Assessment

The calibre of my research and material was one of my presentation's strong points. I showed that I had a solid grasp of the subject, and my slides were understandable and educational. My lack of confidence and poor eye contact, however, were a drawback. My speech was impacted by my over-reliance on my notes.

Examination

My lecturer's assessment indicated that although my content was excellent, I needed to work on my communication abilities. This demonstrates that both knowledge and delivery abilities are necessary for presentations to be effective. My anxiety hindered my capacity to interact with the audience, which is crucial in the health and social care fields, particularly when speaking with patients and coworkers.

In conclusion

All things considered, the presentation was a worthwhile educational experience. It assisted me in determining my communication and confidence gaps as well as my research strengths. I understand how crucial it is to hone these abilities for my future profession.

Plan of Action

I intend to get feedback and practise public speaking more often in order to get better. I'll also try to make better eye contact and rely less on notes. I'll also take part in presentations and group debates to gradually gain confidence.

Reference List

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