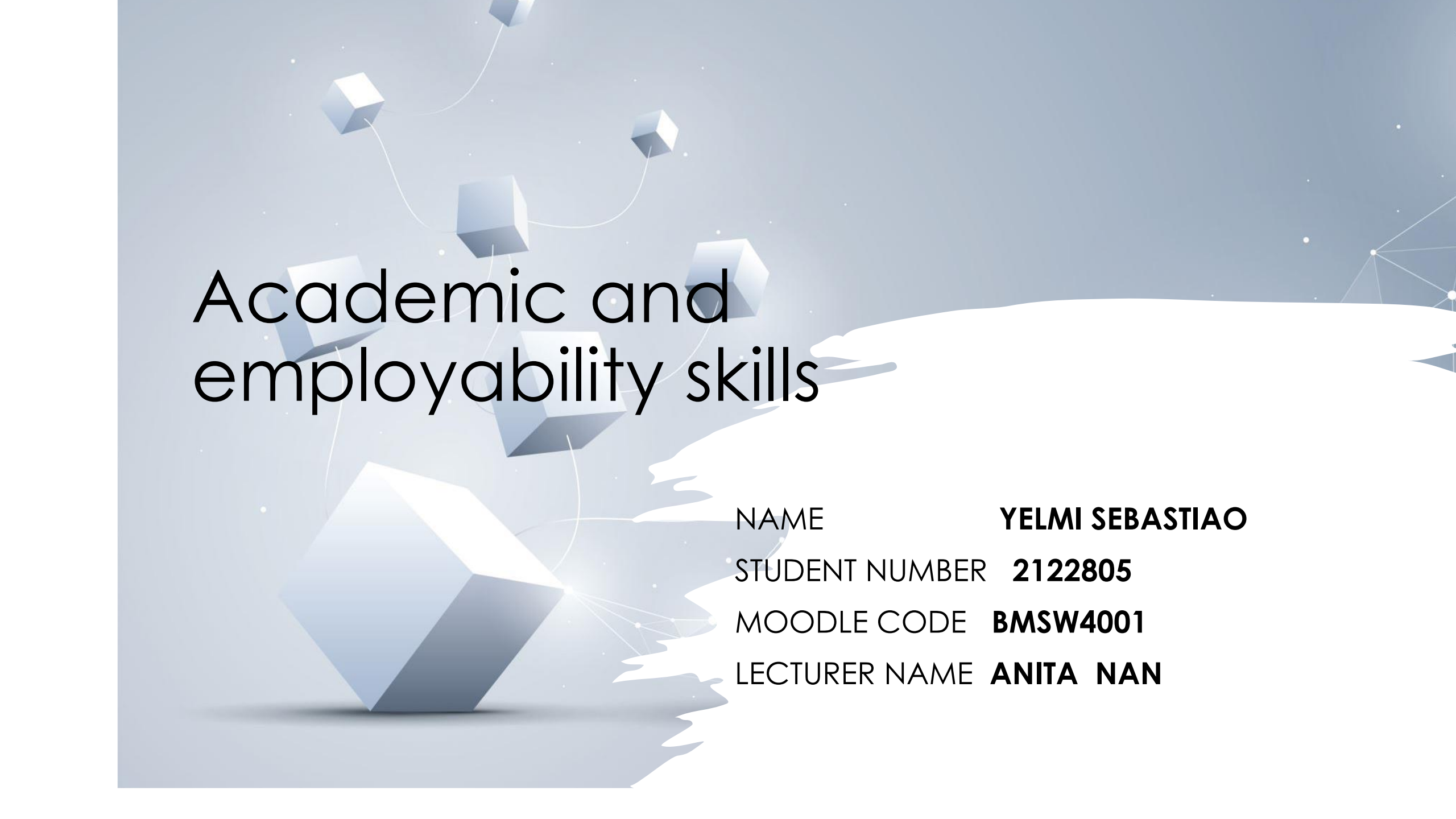


The background features a light blue gradient with several 3D blue cubes of varying sizes. These cubes are connected by thin, white, curved lines, creating a network-like structure. A large, white, irregular shape resembling a splash or a cloud is positioned on the right side of the image. The overall aesthetic is modern and technological.

Academic and employability skills

NAME

YELMI SEBASTIAO

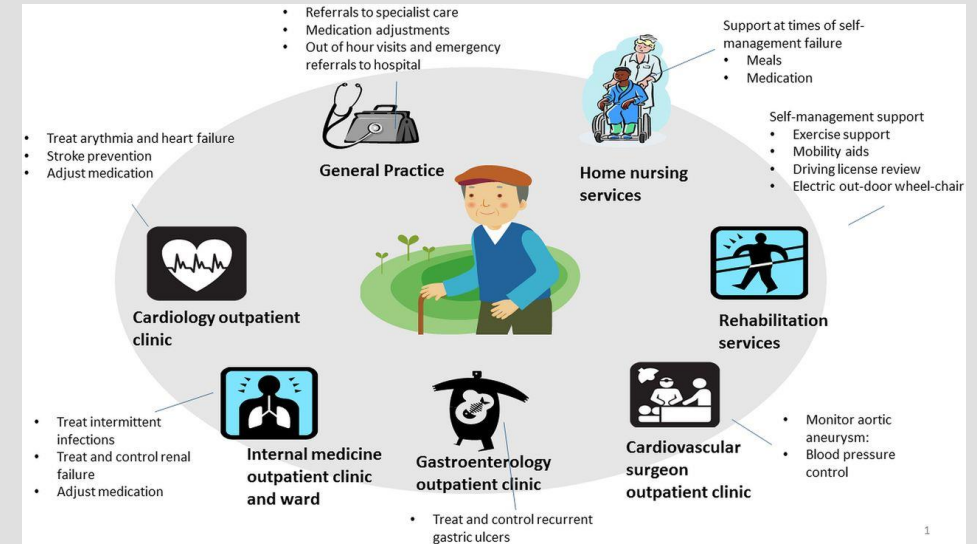
STUDENT NUMBER **2122805**

MOODLE CODE **BMSW4001**

LECTURER NAME **ANITA NAN**

overview

- My career
- Swot analysis
- Time management
- Communication
- Personal development plan
- Conclusion
- Reference
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Intended career

Nursing

- A nurse as responsibility of providing medical and nursing care to patient in the hospital, even those who are suffering from chronic or mental ill health.
- Having the the ability to deal with emotional charge.

Skills

- Attitude and confidence
- Critical thinking and problem solving
- Good communication
- leadership

Several skills



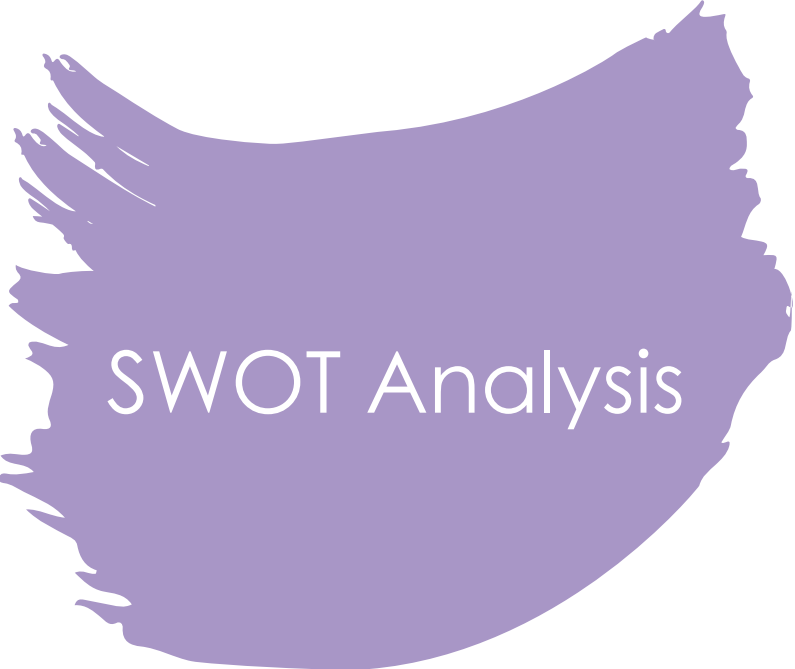
Skills I have

Good team
working
Good leadership
Problem solving
Critical thinking



Skills to improve

Writing



SWOT Analysis

- Swot analysis is a strategic exercise that can be used in a professional aspect as well as personal in order for an individual to evaluate external and internal factors that would help improve their future. Unabbreviated, the strategy looks at the strengths – which focuses on what resources can help and individual, weakness – which focuses on what resources may affect individuals or their career path; opportunities, which focuses on what trends individuals could follow to help improve their career paths and threats, which focuses on what difficulties an individual could face within themselves or their career paths.
(Team, 2022)



Swot analysis

Strength

- Good team working
- Good organiser
- Good communication

Weakness

- Bad time management
- Unable to work under pressure

Threats

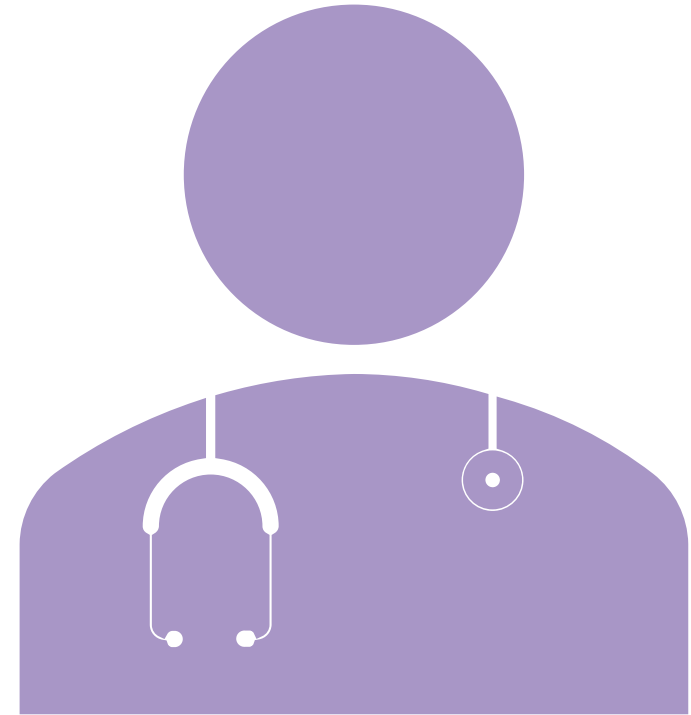
- Late for work
- Later to finish the assignment

Opportunities

- A good leader
- Good team player

Time management

- It's very important to have a good time management as a nurse that will help you give a good services to the patient
- You can improve you productivity by managing your time effectively.
- Having a good time management skill will help you preparing for your daily works and meetings, these skills will help you to deliver your task on time.



Communication



- Communication is the act of transferring information from one place, person or group to another. There are many communication routes we can take, verbal, non – verbal, written and visual (through graphs and charts). (Team S. Y., 2011)
- As a nurse is important that they are able to communicate effectively as any missed information could have a huge impact on both patients or healthcare practitioners. Working within a multidisciplinary team, nurses need to ensure that when planning a care plan for patients that everyone involved in the treatment is aware and also understands what is going on, this will enable security between the patient and also allow all healthcare practitioners to work effectively without fault.

Personal development plan



Personal development practice is an ongoing process that everyone goes through as we are continuously learning, growing and strengthening our skills. The importance of this practice is that individuals can be self – aware of their actions and how it may impact their future.



For example, one of my weaknesses is bad time management; a way for me to improve this would be to have a scheduled routine for each day, noting down exactly what I have to do and ensuring that I have a good amount of sleep so that I would be energised.



Another example would be; not be able to work under pressure. To avoid this, I should write out what I need to do for the day so that the things I have to do not overlap each to allow me to give my 100% performance in everything I do.

Conclusion

- As health care practitioners is important to self reflect and to continuously pick up or improve on their skills and qualities; This is enable a endless best quality of care to both patients and practitioners as they are able to identify which areas they need to work on to ensure that patients receive the quality treatment within their stay within healthcare environment, as well as learning skills they would have never thought they would learn or would have worked within their sector.

references

- Team, T. M. (2022). SWOT Analysis . Understanding your business, informing your strategy .
- Team, S. Y. (2011). What is Communication? . Defining Communication .

Thank
You