

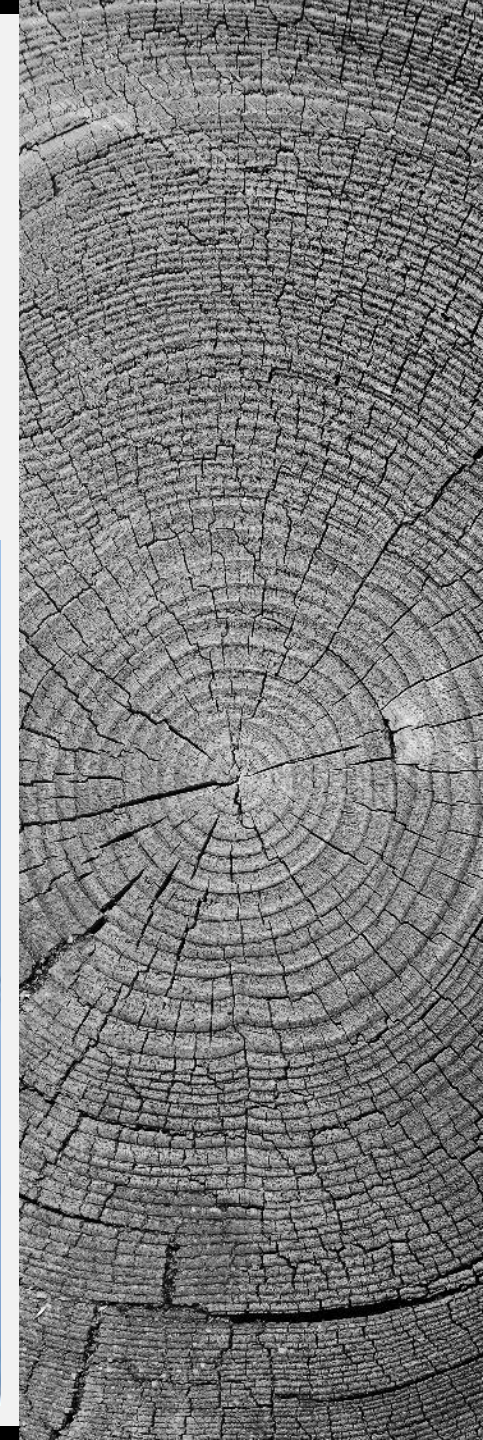
MY PERSONAL SWOT ANALYSIS FOR CAREER DEVELOPMENT IN UK HEALTH AND SOCIAL CARE

Module: Professional Development within Health and Social Care

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By:

**KINGSLEY ADU BREFO
(2424521)**



WHAT IS SWOT ANALYSIS?

- A simple tool used to understand yourself better (Puyt *et al.*, 2020).
- Helps you identify your Strengths, Weaknesses, Opportunities, and Threats.
- In health and social care, it helps you plan your personal and professional growth (Dereziuk *et al.*, 2023).
- Shows what you do well, what needs improvement, and what can help or stop your progress.



MY STRENGTHS

- I have good communication skills, which help me speak clearly with patients and colleagues.
- I am patient and calm, especially when supporting service users in distress.
- I am reliable and always complete my tasks on time.
- I can work well in a team and follow instructions.



MY WEAKNESSES

- I sometimes feel nervous when speaking in front of large groups.
- I can take on too much work at once, which makes me tired.
- I need to improve my computer skills, especially when recording care notes.



MY OPPORTUNITIES

- There are many training courses such as CareSkills Academy courses in the UK to improve my care skills.
- I can gain new experience by volunteering or taking part in extra shifts (Barton *et al.*, 2017).
- I can learn from my supervisor and experienced staff members.
- The UK health and social care sector has job openings for skilled support workers.



MY THREATS

- High competition for care jobs in some areas.
- Changes in UK health and social care policies can affect job roles (Ham, 2024).
- Burnout from long shifts if I do not manage my time well.



HOW I WILL USE MY STRENGTHS AND OPPORTUNITIES

- I will use my communication skills to connect with trainers and mentors who can guide my career.
- I will take part in training courses to improve my knowledge and get certificates that help me progress.
- I will use my teamwork skills to join new projects and learn from experienced staff.
- I will use my reliability to gain trust, which can open up new job opportunities in care organisations.



*Thank
you!*

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