

Recently, I have joined the University of Wales trinity Saint Davis, I am currently studying professional career development to improve to employability skills. The professional career development lectures have helped me understand that there are many ways to achieve better performance in work and academic environments. These skills are also particularly important because it promotes personal growth which makes a better personal brand. Relating to Flint (2024) “continuous learning enables professionals to thrive in their career”. Throughout this module, I have gained knowledge by different learning models like the SWOT analysis, SMART targets, and the Johari window. These models were beneficial for me, as they showed me interpretation of self-awareness and how to make a good career plan.

In my lectures, I have acquired knowledge of types of mindsets which are the fixed and growth mindset. In this activity I have discovered that I have some qualities from both fixed and growth mindsets. Depending on the circumstances, I can lean more towards either of these mindsets. For example, in work environments I learn from mistakes and take criticism positively. While on the other hand, I tend to assume that talent is static and shy away from unfamiliar things. Mindset plays a vital role in how people cope with challenges in life. Self awareness creates the ability to seek ourselves clearly (Bouchrika, I 2024). This shows me that I need to step out of my comfort zone and develop resilience. Another way I could develop my resilience is by surrounding myself with colleagues or friends that personify a growth mindset and priorities progress over immediate results. Moreover, this is going to support me throughout the professional career development because this made me more self-aware (Pedersen, T 2022). The SWOT analysis is another model the I found particularly useful. It focuses on strengths, weaknesses, opportunities, and threats. I am currently working as a pawnbroker; it involves interaction and communication with customers and colleagues. Therefore, one of my strengths is effective communication skills. Communication skills allow me to better understand my colleagues and customers and have a good relationship with them (Gattig, N 2024). However, I am not so good at problem solving. When an issue arises with a customer or when I find myself in a difficult position, I tend ask my manager to takeover. This makes me feel useless because I cannot solve a problem by myself. Asking for support is reasonable, but I hide away from the problems and never know how to revolve them. Problem solving is my weakness which becomes my threat and affects my leadership skills (knight, R 2024). Because of my lack of leadership skills, I am not able to lead a team with acceptable management skills like a manager would.

Professional career development presented me with an understanding of planning an effective way for achieving a long-term career goal, this strategy is called SMART goal. This is a highly effective way of enchanting my employability skills and personal development skills. For my goal, I have decided that I want to open a cleaning company

with my partner in the next 2 years. This goal is important to me because I want to achieve something great in my life and be financially stable in the long run. This goal is achievable because cleaning services are always needed in the world. Also, I have already worked under a property cleaning company thus, me and my partner have experience in this sector and know what should be expected when working a job like this. My success is going to be measured by tracking cleaning performance by my employees. Ensuring that the cleaning is up to high standards meeting the requirements for future clients. To achieve this goal, I would need to invest in cleaning supplies and marketing to advertise my company. By achieving this goal, it would help me, and my family become financially secure and worth the demanding work.

The Johari window is a model that allowed me to understand and learn more about myself and find out how others view me in their perspective. The Johari window is important in personal development because it focuses on self-awareness and improves communication. This model is divided into 4 parts which breakdown what others and I think of my personal values. For the open area, my colleagues and I would describe myself as supportive, kind, respectful and hardworking. The blind area is what others think of me that I do not know, others may say something negative about me that I am unaware of. For example, others may think that I lack critical thinking skills. I have noticed this myself and it affects my initiative thinking skills when I find myself in tricky situations. Therefore, to improve teamwork in communication I would need to seek feedback from colleagues to minimise the blind area and share more about myself from the hidden area. The unknown area made me realise that I need to challenge myself in something different to find out more about myself and what I am good or bad at.

Looking back at everything I have learned so far, I found the SMOT analysis particularly useful and enjoyable. The reason I found it enjoyable is because it gave me a sense of owning a business, it also enhanced my creative thinking by imagining the scenarios (Cottrell, S 2021). Creative thinking is especially important in the professional career development because it can make me a better problem solver. Hence why the SWOT analysis is my favourite learning model. I feel like I have improved with the help of this model, and it makes me feel enlightened. The problem-solving skill will come in handy in my workplace because a lot of the time, as a company we deal with many complications and my team will appreciate my intuitive thinking as I will not need to rely on them as much. Anyhow, the Johari window model was puzzling for me at first, this is because it was difficult to self-assess myself think about how I am as a person with honesty. And I felt unpleasant since the hidden but known to others area focuses on negative traits about myself (Matczak,M 2024). However, I did find it useful because at no time in the past I have not thought about how I come across to people around me. This is especially important because it creates personal branding and increases personal development.

Taking everything into account, all the learning models have improved my personal career development skills in various aspects. Such as, personal awareness and career goal planning. Looking back at what I have learned so far, I feel like I should of approached a different learning style to better improve my understanding. If I were to re-learn everything from the begging, I would have written down detailed notes to help me go back to important points that were said in lectures. Although I do have an understand of the learning models and lectures through moodle, I have found myself in many situations of distractions in class and I was unable to fully understand the topics because of this. This was very overwhelming for me because I'm dealing with my personal life and work life and tend to get distracted by these things. By getting distracted, it affects my learning and the way take in information. I need to make sure that I prioritise what is really important for me, and that is to develop myself in the best way possible to succeed in my life and career. By making sure that this does not affect me in the future, I would involve time management into my routine and focus on one thing at a time. Time management plays a key role in my improvement because it can help me achieve certain goals in a given timeframe.

In the future, I will reach out for more support from my tutor, in the recent lectures I did not ask any questions regarding the modules because I did not want to show that I'm unable of understanding what has been said during lectures. In my case, I was afraid of being judged. I felt this way because I haven't been in education for a very long time and wanted to prove to myself and others that don't need extra support. I've learned that people learn from mistakes and that it is okay to ask for help. Next time I could also book an appointment with study support that my tutor recommended, this would make my studies easier, and it could give me a chance to improve. Moreover, I would like to improve on my communication skills. All though my communication skills are efficient; I can interact with colleagues, students, and customer. However, I find it exceedingly difficult speaking in front of a large group or an audience. This plays a huge role in my confidence, I am aware that in the future there will be class presentations and I hoping to enhance my confidence by getting to know other students in my class. Another effective way would be practicing in front of my friends and family.

Reference list:

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