

Certificate of Higher Education Skills for the Workplace (Health and Social Care)

Module: Professional Development within Health and Social Care

Module code: LCHS4009

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The Gibbs reflective model (1988) is a simple and structured framework used to reflect on learning experiences. The model includes six stages: description, feelings, evaluation, analysis, conclusion, and action plan. The goal of reflective practice is to help learners understand their experiences, identify strengths and weaknesses, and improve future performance. Reflection is important in healthcare and social work because it promotes communication skills, self-confidence, and professional behavior.

In this study, I use the Gibbs model to analyze the preparation and delivery of a presentation for the first component of the assessment. The presentation was about staff shortages in hospitals, and the fishbone model was used to identify causes, consequences, and solutions.

Description

For this assignment, I prepared and delivered a five-minute PowerPoint presentation. I identified hospital staff shortages as a long-term problem in the hospitals sector. The presentation explained the problem, identified its causes and consequences using a fishbone model, and proposed possible solutions. I prepared by researching the topic, creating PowerPoint slides, and rehearsing the presentation before the assignment.

Feelings

Before the presentation, I didn't feel really nervous and anxious about speaking in front of others and keeping within the time limit, because I'd don't it before. But I was concerned that I might forget important points or speak too quickly. However, I felt confident about the topic because I had researched it thoroughly. During the presentation, my confidence increased as I progressed through the slides. After finishing, I felt relieved and proud, but also aware that there were areas I could improve.

Evaluation

One positive aspect of my presentation was the clear structure and relevant content. The fishbone model helped present the causes of staff shortages in a logical way. My slides supported my explanation and included academic references. However, there were also weaknesses. I relied too much on the slides and did not always maintain eye contact, and

this I should to make it better. Due to nervousness, I spoke quickly at times, which may have affected clarity.

Analysis

The most strengths of my presentation were mainly due to effective preparation and understanding of the topic. Researching staff shortages helped me explain the issue confidently. However, my weaknesses were linked to no eyes contact and speaking quickly. My focus on remembering information led me to depend on the slides rather than engaging naturally with the audience. This experience highlighted the importance of to fpcus on audience and try no to rush.

Task 2:

Strengths

My strong communication and interpersonal skills will support my future work in health and social care by helping me build trusting relationships with patients, families, and colleagues. Being empathetic and patient will allow me to provide person-centred care and respond appropriately to individuals' needs. My ability to listen carefully will help me understand instructions, patient concerns, and care plans, reducing the risk of misunderstandings. Additionally, my theoretical knowledge of professional values, safeguarding, and person-centred care provides a strong foundation that will help me follow policies, work safely, and act professionally in future healthcare roles.

Weaknesses

My limited practical experience in a hospital setting may initially make it difficult to adapt to a rapidly changing environment. However, recognizing this limitation allows me to focus on gaining experience through training and entry-level positions. Uncertainty in stressful situations, such as supporting stressed patients, may impact my performance early in my career. Furthermore, a lack of eye contact may suggest unprofessionalism. Over time, regular interaction, supervision, and reflective practice will help me gain confidence. Improving my time management skills will also help me work more efficiently, reduce stress, and meet the demands of future healthcare positions.

Opportunities

The high demand for nursing assistants creates ample employment opportunities in my future career. Access to training programs, internships, and continuous professional development will help me improve my skills and gain practical experience. These opportunities will facilitate long-term career advancement, allowing me to transition into nursing or allied health professions. Gaining experience as a nursing assistant will also strengthen my self-confidence and professional competence, helping me build a stable and fulfilling career in healthcare and social care.

Threats

Competition from more experienced candidates may impact my short-term employment chances. However, by developing my skills, gaining experience, and demonstrating a commitment to learning, I will be able to improve my competitiveness in the job market over time. Emotional and physical burnout are potential long-term risks due to staffing shortages and a high workload. Developing coping strategies, maintaining a healthy work-life balance, and seeking support from colleagues and managers will help me overcome these challenges and maintain resilience in my future career.

Task 3:

Goal	Action Plan	Timeline	Measurement of Success
Improve Communication and Presentation Skills	Effective communication is important in health and social care as it may say about professionalism. Practising in small group will help it.	This goal I'd like to improve in the next six month.	It will improve my confidence and eye contact to the others during speech.
Gain Practical Experience in Health and Social Care	Here I'll be studying in the uni, but also I can apply for voluntary work.	I expected to gain this skill within 2 year, during study.	Completion of voluntary placement or care role. Improved confidence in practical settings

Improve Time Management and Organisation	Using a planner or digital calendar which will be useful for me and helps me in the future. And break tasks into smaller steps.	Enrolment will be completed within 1 year.	Assignment will be completed at time.
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Task 4:

One key skill developed during this module is effective communication, which is essential for working in the health and social care sector. Communication supports patient safety, teamwork, and person-centred care. This skill was developed through presentations, group discussions, and reflective writing. Preparing and delivering the presentation on staff shortages improved my ability to organise information clearly and communicate complex ideas. Group activities helped me practise listening, respecting different viewpoints, and expressing ideas professionally. Reflective exercises increased my self-awareness and highlighted areas for improvement. Effective communication helps build trust with patients and colleagues, reduces misunderstandings, and improves care outcomes. Clear communication is especially important in hospitals, where staff shortages can increase pressure and risk. Poor communication may lead to errors and reduced quality of care. Although my communication skills have improved, I need to work on confidence in unfamiliar situations and controlling nervousness. I also need to develop non-verbal communication skills, such as eye contact and body language, to improve engagement. In conclusion, communication is a vital skill that I have developed throughout this module. Continued practice, reflection, and feedback will help me strengthen this skill and apply it effectively in my future health and social care career.