

Academic and Employability Skills

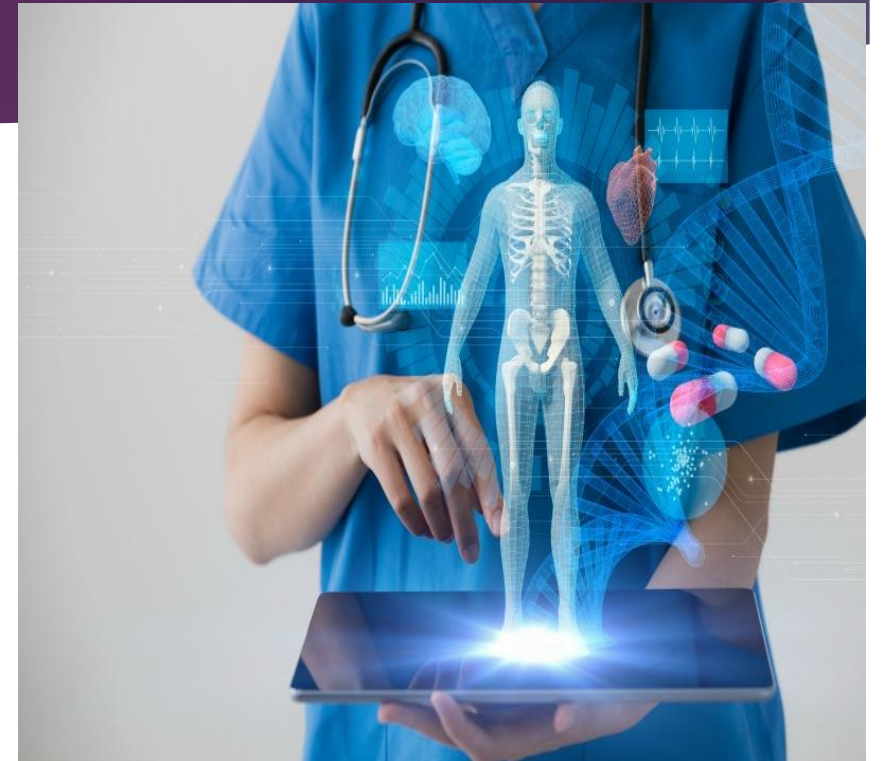
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Presentation : My Career



Overview

Indeed career

Swot analysis

Time management

Patience

Communication

Teamwork and
collaboration

Pdp

Conclusion



Health care assistant duties and responsibilities

Responsabilities and skills of HealthCare Assistant:

- assisting with personal care every day
 - assisting with their meals and drinks
 - offer emotional support and check them every our
 - to do activities in which they feels good
 - offer the opportunity to go outside from the care home and walking around
 - measuring vital signs such as: blood pressure, temperature, oxygen level, blood sugar
 - to give the medication
- Patience and emphaty
- Understanding and good communication skills
- Be prepared to be offended
- Work as a team
- Time management skills
- honest
- courage



SWOT ANALYSIS

STRENGTHS

- Writing skills
- Honesty
- Leadership skills
- Patience
- Empathy
- Self-motivation
- initiative

WEAKNESSES

- Shyness
- Public speaking
- Lack of confidence
- Self-criticism

OPPORTUNITIES

- propose on projects
- working group
- Get new ideas
- Create a team to work using your idea

THREATS

- I worry that public transport routes might close
- Bad weather
- Unexpected health problems

Time Management Skills

- Is very important to know how to organize our time , because sometimes is very short and we do not have time to do everything we propose.
- In order to maintain good conduct and the progress of work to be good, organization and teamwork are needed to improve.
- As a healthcare assistant is necessary to be a good organizer with team spirit and enthusiasm. The decisive factor is not the available time but the management that makes it.
- Time management skills are important to keep occupations in everyday life

Patience Skills

- As a healthcare assistant to be patience is essential as we work with vulnerable people.
- To know how to control yourself in some situations
Keep calm
- Physical comfort, emotional and psychological
- Patient and family included in decisions
- Self control

Communication skills

- As a healthcare assistant the communication is the key to do a good work
- By communicating with other colleagues we manage to get all information we need to work as a team
- By communicating we can solve a lot of problems
- In my opinion communication is very important to keep a good relationship with the others and do the best job

Team Work Skills

Why is necessary to have this skills?

- Develop new skills
- Constructive feedback
- Leader will be able to identify the development potential
- As a team we can do better our job

Personal Development Planning

- An individual plan to suit you
- To set myself goals
- Develop my skills and knowledge
- Recognize threats and opportunities

My weakness : public speaking , shyness, lack of confidence

- To speak more with the others , try to have initiative, watching videos to learn how to speak
- I need to improve public speaking to help myself in the my future

Conclusion

- In conclusion, I think this job as healthcare assistant is definitely for me , defines me and complete me.
- Find this job interesting, I discover myself and discover a lot of life stories
- I learn how to value life
- We learn how to appreciate effort and work done
- I like to help other people and this job is a great opportunity to do this.

References

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