



Professional Career Development within Health and social care

ASSIGNMENT NO: LCHSC 4009

STUDENT NAME: MARIA DALIA BOA MORTE

STUDENT ID: 2429427

LECTURER'S NAME :ARIF AHMED



Overview

- Today during this presentation I will be speaking about SWOT Analysis and how is it important for my professional and personal development.
- I will also be describing some of my strengths, weaknesses, opportunities and threats and how I would use the analysis to help me improve my personal and professional development in order to be able to plan for my future career in the sector of health and social care.



What is SWOT Analysis and why is it important to my personal and professional development ?

- A SWOT Analysis is a useful tool that includes strengths ,weaknesses ,opportunities and threats in the health and social care sector because it helps individuals understand their own abilities and areas of growth. By looking at a personal strengths, such as caring and empathetic ,eager to learn and good team player, and weaknesses, limited experience and lack of confidence, care workers can plan how to improve their skills
- Overall, a SWOT Analysis supports my personal and professional development by helping me as a Health and Social Care worker set clear goals, improve performance and provider better quality care to service users.
- **"This analysis improves decision-making, enhances communication among stakeholders, and increases adaptability to changes in the health and social care environment."(care learning 2024)**

Describe your own Strengths, Weaknesses, Opportunities and Threats

Strengths:

Being caring and empathetic, as I genuinely care about people and want to help them improve their life. Also being able to understand people's emotions and support their needs

Being eager to learn I'm willing to gain new skills and adapt to changes in care standards

Weaknesses

Having limited experiences can be one of my weaknesses. I may not have much hands-on experience in some areas of care

Lack of confidence as I sometimes doubt myself when making decisions

Opportunities

Learning from experienced professionals can help me grow faster from a mentor's support

Training courses or career progressions can support my personal and professional development

Threats

Changing of policies means I'll need to stay updated with new laws and practices

Working closely with vulnerable people can sometimes be physically and emotionally challenging as a health and safety risk

Explain how you could leverage your strengths to overcome your weaknesses and minimise threats

- I can use my strengths to help me deal with my weaknesses and reduce any threats that might affect my progress for example my interest in learning and teamwork skills can help me build relationships with colleagues who can support me when I lack confidence. My caring attitude and willingness to learn can help improve areas where I have less experience by taking part in training or asking for feedback.
- Using these strengths allows me to stay positive, keep learning, and handle challenges in the health and social care sector more effectively
- **"Identifying your strengths and weaknesses can be extremely valuable to allow you to approach tasks and challenges with a better understanding "(university of Edinburgh 2024)**



What opportunities are available to you and how do you utilise them with your strengths ?

- There are many opportunities for me in the health and social care sector, such as training courses, apprenticeships, and changes to move into special areas such as elderly care or mental health. I can use my strengths, such as being caring, hardworking, and eager to learn, to make the most of these opportunities
- I can ask for guidance and use my teamwork skills to learn from my experienced colleagues. By staying motivated and open to learning, I can build new skills, gain confidence, and move forward in my career while continuing to give good quality care to others .



Conclusion

- In conclusion, doing a swot analysis helps me understand myself better and plan for my future in the health and social sector . By knowing my strengths I can use them to overcome my weaknesses and face challenges with confidence making the most of the opportunities , such as training and support from others, will help me grow both personally and professionally .This will not only help me build a successful career but allow me to give better care and support the people who rely on me



Reference

- Care Learning (2024a). *How to Use a SWOT Analysis in Health and Social Care - Care Learning*. [online] Care Learning. Available at: <https://carelearning.org.uk/blog/feedback-and-improvement/how-to-use-a-swot-analysis-in-health-and-social-care/>.
- The University of Edinburgh (2024). *Strengths and weaknesses*. [online] The University of Edinburgh. Available at: <https://reflection.ed.ac.uk/reflectors-toolkit/self-awareness/strengths-weaknesses>.