

INTRODUCTION	Personal swot analysis
Student name	Sainabou lowe (2421282)
programme	Certificate of Higher Education Skills for the Workplace (Health and Social Care)
module	Professional development within health and social care
Module code	LCHS4009
Assignment title	Self-Awareness Presentation
lecturer	Christopher Mafuva

STRENGTHS

- One of my best strengths is my strong communication skills which i developed through my time studying the course.
- Another strength of mine is my improved devotion to helping improve the lives of people who need my help.



WEAKNESS

What resources am i lacking?

- One weakness of mine is that i don't have much experience dealing with professional clinical apparatus and even advanced technologies used in the medical field.
- My other weakness is that i'm too self critical of myself and judge myself too harshly on uncontrollable factors.
- Need to build more confidence in writing and documentation skills



WEAKNESS



WEAKNESS

OPPORTUNITIES

How new technology can change and help meet my goals

- The great opportunity i had was to participate in the E-learning platform for training in the workplace.
- Attending workshops where i had the opportunity to meet and diversify my social career.
- Another opportunity i have gained is that i am able to branch out into different sectors of the medical field allowing for a range of option after the course is done. Such as working as a nurse or therapist.



THREATS

What obstacles do i face?

- A threat i could face is experiencing emotional and stressful challenges due to my job role taking care of vulnerable people .
- stress from work under management can negatively affect my psych and even cause burnout.



Conclusion

Strength-My greatest strength is my passion and patience for vulnerable people

Weakness-Sometimes i hesitate to speak in public but i will overcome my weakness by improving my technical, writing and speaking skills.

Opportunities-Had the opportunity to enroll in UWTSD as a health and social care student.

Threats-Been too empathetic that can also cause burnout if i don't have boundaries.

References

- Skills for Care (2023). *Skills for Care - Home*. [online] Skillsforcare.org.uk. Available at: <https://www.skillsforcare.org.uk/Home.aspx>.
- NHS England (2019). *NHS Long Term Plan*. [online] NHS. Available at: <https://www.england.nhs.uk/long-term-plan/>.