

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

Iosiv Dumitru (2425451)

**Module: Professional Development
within Health and Social Care
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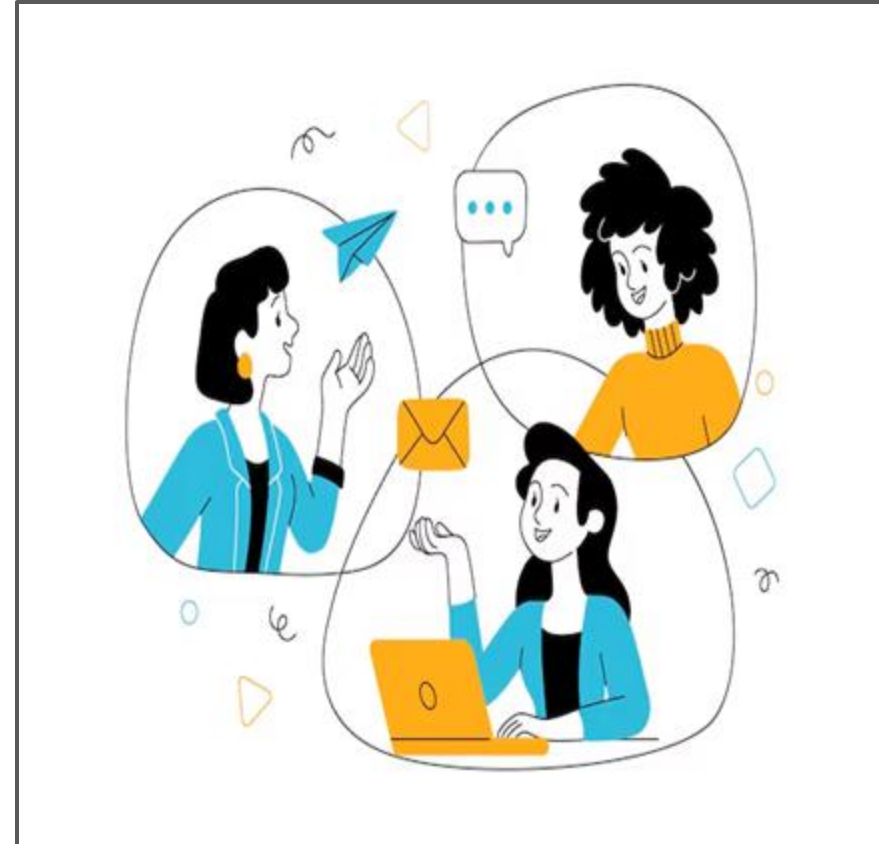
Introduction

- My presentation is about my personal and professional development in health and social care.
- I will discuss my strengths, weaknesses, opportunities, and threats using a SWOT analysis.
- This will help me plan how to grow and prepare for my future career in the UK health and social care sector.



My Strengths

- I have strong communication and empathy skills that help me build trust with patients and colleagues (Wu *et al.*, 2022)
- I am reliable, responsible, and always willing to help others when needed.
- I work well in a team and stay calm under pressure, which is important in care environments.



My Weaknesses

- I sometimes struggle with time management and balancing multiple tasks during busy shifts.
- I find it difficult to speak up in group discussions or when expressing my opinions.
- I have limited practical experience in clinical settings, which I need to improve through more training (Elendu *et al.*, 2024)



Opportunities and Threats

- There are many training and learning opportunities available through the NHS and Skills for Care (NHS, 2025)
- I can gain experience through volunteering, placements, or part-time work in health and social care.
- Threats include high competition for jobs and emotional stress from challenging care situations.



Action Plan and Conclusion

- I will use my strengths to overcome weaknesses and continue building my career path.
- My goals include improving time management and gaining more work experience in care settings.
- I will follow SMART goals to measure progress and ensure continuous personal growth.

S	Specific Clearly State your Goal
M	Measurable Ensure you can Measure Success
A	Attainable Set Goals you know you can Achieve
R	Relevant Set Goals Relevant to your Career or Education
T	Time-Based Set a Deadline for Completion

References

Elendu, C., Amaechi, D. C., Okatta, A. U., Amaechi, E. C., Elendu, T. C., Ezech, C. P., and Elendu, I. D. (2024). The impact of simulation-based training in medical education: A review. *Medicine*, 103(27), e38813.

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