



Professional career Development in Health and Social Care

LCHS4009(LON)

ASSIGNMENT 1

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LOU WELLS

Use of AI

This presentation doesn't contain the use of AI.



ChatGPT explained – everything you
need to know about the AI chatbot
(2025)



Introduction

- Luize Kludzina
- Studying Health and Social care
- Working in a hospitality industry
- Wanting to change careers

What is SWOT analysis and why is it important in professional development

It's used by organisations and individuals to create a plan to improve their development and their strenghts.

The advantages by using SWOT analysis, that it creates a general foundation of understanding and planning for own personal growth.

Acronym SWOT stands for:

- Strenghts
- Weakness
- Opportunity
- Threats

SWOT ANALYSIS

	Helpful to achieving the objective	Harmful to achieving the objective
Internal origin (attributes of the organization)	S Strengths	W Weaknesses
External origin (attributes of the environment)	O Opportunities	T Threats

wikipedia

My SWOT analysis

STRENGTHS

- Time management
- Patient
- Good at public speaking

WEAKNESS

- Bad at accepting criticism
- Get overwhelmed easily
- Networking

OPPORTUNITY

- University of Wales
- Trinity Saint Davids
- Job in hospitality

THREATS

- Unpredictable work schedules
- High pressure situations
- Limited networking opportunities



How can I leverage my strengths to overcome my weaknesses

- **Time management** -> reducing overwhelm.

Using structured schedules to avoid overwhelm.

- **Patience** -> helping to handle criticism

Use patience to process the feedback instead of reacting.

- **Public speaking** -> improves networking

Confident communication supports networking.



What opportunities are available to me to utilise my strengths

- Customer facing role to use public speaking
- Using good public speaking skills in university group work, and presentations
- Using time management to balance work and study deadlines
- Using patience to handle challenging and stressful situations at work



Conclusion

- The SWOT analysis is a good tool to identify the following – strengths, weaknesses, opportunities and threats.

This SWOT analysis helped me to identify what can help and how can I improve professionally and how the skills that are available to me are a good foundation to start evolving in a more leading roles. It helps me to plan my professional career more efficiently.



References

- Bitesize (2024). *How to Do a SWOT Analysis [with Examples & templates]*. [online] BiteSize Learning. Available at: <https://www.bitesizelearning.co.uk/resources/swot-analysis-explained-examples-templates>.
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- Wilson, M. (2023). *ChatGPT explained: everything you need to know about the AI chatbot*. [online] TechRadar. Available at: <https://www.techradar.com/news/chatgpt-explained>.