

4009 SWOT presentation 2020292

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PROFESSIONAL DEVELOPMENT WITHIN HEALTH AND SOCIAL CARE

SELF AWARENESS- INDIVIDUAL PRESENTATION

UNIQUE GLENN-KRUBALLY

2020292

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Introduction

- Within this presentation, I will identify, analyze and discuss my strengths, weaknesses, opportunities, and threats within my personal development and academic journey.
- SWOT analysis is a self assesment which can help identify strong points and points where there is room for improvement.
- I will look at, and answer two questions. The two questions are Q1 'How can you ³leverage your strengths to overcome your weaknesses and minimize threats?' And Q2 'What opportunities are available to you and how do you utilize them with your strengths?'

⁴ 'what you get from a SWOT analysis is an awareness of the issues that impact you on your business and help you form a list of actions ' (A Sarsby 2012) this shows that by doing a SWOT analysis you are able to identify where improvement may be required and you will be able to work on that accordingly.

SWOT Analysis

Strengths

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1. I find it easier to write about things if they're interesting to me or directly related to my life.
2. I am an outgoing person and can be confident in most situations and roundings
3. I am a people person and I don't find it difficult to build new relationships
4. I am independent and willing to take risks
5. I work well as part of a team
- however I am more than capable to use my own initiative and lone work
6. I've got good project management skills
7. I am a naturally caring person who likes to ensure people are ok
8. I am able to approach people for search purposes
9. I am a good communicator
10. I am motivated to have a successful career and good work ethic

Weaknesses

2

1. I find it hard to stay focused when studying for more than 20 minutes without music.
2. I feel intimidated by overly educated people who use large words and don't explain
3. I struggle with time management
4. I find it difficult to motivate myself to start assignments
5. I start assignments last minute
6. I plan assignments in my head rather than jotting information down
7. I am not very good at remembering questions during interviews
8. I do not have a clear end goal within my career
- 13 I am not very good at asking for help when I need it
10. I sometimes find it difficult to retain information

Opportunities

1. Working in the field I am studying I can develop social contacts who may be able to support me.
- 6 If I attend all the classes, I should be able to get a lot of useful information off my teacher that will help me write a good essay.
3. There is an upcoming library seminar on developing academic skills that I can attend
4. If I attend all the classes, I should be able to get a lot of useful information off my teacher that will help me write a good essay
5. I can become a student ambassador if I continue my studies
6. With a degree and my experience I can be in a well paid job
7. Academic support from dyslexia support
8. There will be a lot of different roles within my chosen career field
9. There will always be opportunities for progression
10. I can start my own company/business

Threats

1

1. I've increased my workload at my job lately so I have less time to study
2. If I miss this class due to childcare or ill health my confidence might be impacted.
3. Having more than one assignment due
4. Time management with personal and profession life
5. My dyslexia
6. A new university schedule may mean I have to change things within my personal life
7. Classes are going to get harder as I complete my degree
8. I won't have much time with children working and studying
9. There are many applicants competing for the same job in the field the job market will be competitive
10. Group presentations may be difficult as everyone has different schedules

Weaknesses

Weaknesses are things that can stop or slow down ones best performance. It could be hurdles and obstacles that may create a downfall. Weaknesses can be challenged but when identified they can be assessed and managed differently.

Timekeeping has always been a weakness of mine. As I have got older it has not got easier but I am more wiser to be able to put things in place to ensure I am able to manage my time better. Such as

- Waking up earlier or preparing the night before
- Keeping a diary and take notes/reminders
- Organize my workspace
- Prioritsing my tasks

Strengths

Strengths highlight things we do that we are confident in. It can be things that will separate and distinguish you from competitors. These mentioned will be acts that can help improve our opportunities, overcome our threats and challenge our weaknesses.

I am very much an outgoing person, I like to mingle with new people be it personally or professionally and find out about their livelihood, likes and dislikes.

I am confident in most situations and surroundings. I find myself approachable and easy to be approach. It is important to be confident in order to delegate and work efficiently.

I am a good communicator, I think this is important in all situations, so people know where they stand.

¹ I find it easier to write about things if they're interesting to me or directly related to my life.

Opportunities

Opportunities refer to situations that can open doors to further success. It can mean putting something in place to make things easier at a later date. Or completing a task which will then lead to prosperity.

Looking into opportunities I will focus on goals and achievements for instance by studying and getting a degree my career field will open up and I will have the opportunity to expand my job search as well as also earn more in the future.

Working in the field I am studying I can ² develop social contacts who may be able to support me.

I can become a student ambassador if I continue my studies this will look good on my cv as well as improve my people and interaction skills.

I can start my own company/business in the future with all my experience I have gained.

Threats

Threats can sometimes seem like major obstacles, but by identifying them you are able to work on them as this is always room for improvements.

If I miss this class due to childcare or ill health my confidence might be impacted. I would have lost hours of learning and that may impact on final grades.

My dyslexia can sometimes be a threat as I struggle to understand things straight away.

Having more than one assignment due as well as home life can be difficult to balance everything.

How can you leverage your strengths to overcome your weaknesses and minimize threats?

To leverage your strengths using soft and hard skills (e.g. Soft skills, leadership, good communication and creativity. Hard skills, writing, operating machines and programming.)

Using strengths to your advantage can help you develop and be the best in any role. It will increase productivity by enabling you to complete tasks efficiently. I will be able to lead a team and identify growth and strengths within it. As well as allowing myself to grow also.

E.g. in a working environment, if I had a difficult client, I would utilize my strengths in ways to communicate with them and gain an understanding of how they are feeling.

⁷
'Once you learn to leverage those skills, you can set professional goals and find the best role to complement the strengths you bring to the workplace.' (Indeed 2023)

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

With my strengths, I will be able to accept new opportunities with ease due to being confident in myself and in group settings.

I have the capability to master tasks set and I am able to excel in any situation, therefore I will be able to adapt to new roles confidently.

I am able to progress in a job role as I gain experience as well qualifications or a degree in the field I am interested.

I am highly motivated, driven, and dedicated, I find that I can meet targets with ease, as I work very well under pressure I can identify when there is room for improvement.

'You will broaden and develop who you are as a person:

Your confidence

Your motivation

Your tenacity' (Smart Goals Guide 2014)

Conclusion

- Overall, I think analyzing ⁴ strengths weaknesses opportunities, and weaknesses is a very good tool to implement in most situations. It can help you professionally and personally in all aspects of life. Where there is need for improvement or to identify any room for improvements or just to know you are comfortable in a situations doing a SWOT can assist with that and make goals more achievable ⁵ in a SMART manner.
- Specific (simple, sensible, significant).
- Measurable (meaningful, motivating).
- Achievable (agreed, attainable).
- Relevant (reasonable, realistic and resourced, results-based).
- Time bound (time-based, time limited, time/cost limited, timely, time-sensitive).

References

Alan Sarsby, (November 2012) A Useful Guide to SWOT Analysis (cii.co.uk) (Accessed 07 July 2023)

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