

“ACADEMIC AND EMPLOYABILITY SKILLS” (BMSW4001)
in Health and Social Care (TASK 1)

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Who I am?

- ▶ Alessia Bonelli
- ▶ 27 years old born in Naples
- ▶ After 3 years of High school Languages, then, I decided to become a Professional Beautician
- ▶ Beautician
- ▶ Moved in London 2018



What are my goals?

- ▶ Build more confidence
- ▶ Enrich my knowledge
- ▶ Match studies and working
- ▶ Become a Pilates trainer

SWOT Analysis

STRENGTH

- ▶ Experience
- ▶ Well- being
- ▶ Passion

WEAKNESSES



- Inconstance
- Tiredness
- Empathy

OPPORTUNITIES

- Take care of myself to inspire others
- Professional development
- Prevent disease or injury

TREATHS



- Falling behind to accomplish people
- Competition
- Career change

TIME MANAGEMENT



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Time management is:

- “The ability to use time effectively or productively, especially at work” (Waite, 2012)
- Manage the activities during the day
- First the duty then the pleasure
- Be able to focus and finish a work before to start something else
- Create a “to do list”
- Make sure that everything is done by the deadline
- Find the time to relax and take it easy

PERSONAL DEVELOPMENT PLAN



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The PDP is necessary to make all your dreams come true. Even in daily basis. «It's about working out where you want to be and setting goals». (*Personal development planning, 2021*)

- ▶ What I want to become?
- ▶ What I am doing in the present to achieve my future goal?
- ▶ What I will need to do in the mean time?

PILATES



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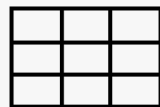
- What is Pilates?
- How does it work?
 - Mentally
 - Physically
- Which is the audience for this discipline?
- What are the results of doing Pilates?

ACADEMIC AND EMPLOYABILITY SKILLS

1)What are skills?

2)What is a difference between a skill and a talent?

- ▶ A good understanding of the human body and nutrition 
- ▶ The ability to inspire client 
- ▶ A love of health 
- ▶ Organising Skills 
- ▶ Excellent oral and communication skills 
- ▶ Problem solving and stress management skills 
- ▶ The ability to use information technology for a range of purposes including record keeping, class scheduling, session reminders, sales and invoicing, client and group management and analysing your clients' progress. (Personal trainer job profile | [Prospects.ac.uk](https://prospects.ac.uk), 2021)



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