



Module Name: Professional Career Development

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AI Acknowledgement

I confirm that I have not presented any AI generated materials as my own work.

Introduction

This reflection talks about my career path so far and how what I have learned in the Professional Career Development subject will affect how I plan my future and act professionally in the future. I am a professional bodybuilder, fitness coach, and bodybuilding judge. I have been coaching, transforming people bodies, and participating in bodybuilding shows around the world for over 20 years. I like reflecting because it helps me think about what my experiences have taught me about being employable, having confidence, my skills and flaws, and my future goals. The main framework of this reflection is based on Gibbs' Reflective Cycle, which helps with a clear process of describing, feeling, evaluating, analysing, coming to a decision, and planning what to do next (Gibbs, 1988). I'll also use three models we talked about in class which is Holland's Career Theory, Myers-Briggs Personality Theory, and SWOT analysis. The focus will be on my own journey rather than just explaining theory, and these models will help me figure out my personal qualities, job fit, and growth needs. I want to find useful lessons that I can use in the next step of my growth, especially as I continue to go to college, plan to get my bodybuilding pro card, and get ready for future career in security or as a security tutor.

1. Description

I started working toward a job when I was 17. My interest in bodybuilding started out as a hobby, but as time went on, it turned into a love that powered my work. I learned about dieting, training, conditioning, and content posing, to getting ready for bodybuilding competition over time. I then chose to teach others what I knew so they could reach their own goals and be happy and confident. Later, I started personal training and teaching, where I helped people change their bodies, lose fat, get ready for competitions, and make other changes to their lives. Gaining recognition as an athlete, teacher, judge, and fitness worker was a big turning point. I got my Certified Personal Trainer and Gym Instructor Level 3 and 4 credentials and was elected Vice-President of the Extreme Powerlifting Coalition (XPC). Furthermore, I have served as a judge for the World Physique Federation UK, the Welsh Fitness Federation UK, and NAC International. My bodybuilding titles include open overall super heavyweight champion, three-time European heavyweight champion, three-time Polish heavyweight champion, Arnold Classic heavyweight champion, and Mr. Olympia vice champion. I won several Welsh Fitness Awards, including Personal Trainer of the Year in 2019 and 2025, Fitness Entrepreneur of the Year in 2019 and 2021, Athlete of the Year in 2021 and 2025, and Hall of Fame honours in 2024. I have recently realised that university is an important part

of my journey because it helps me improve my academic knowledge, internet skills, and plans for my future job.

2. Feelings

When I started my Journey, I was both excited and unsure. To improve my body, I liked weightlifting, but I was not sure if it would become a serious job. Because I could see the effects of my discipline and hard work, I gained confidence as I went along. There was pride and drive in winning contests and helping clients. Others put pressure on me to keep up high standards, though. Because my client's health, confidence, and progress rested on my advice, coaching them made me feel responsible. As a result, I became more professional and focused on proof. Multiple competitors around the world caused a range of feelings. But I also felt stressed because bodybuilding required sacrifice, strict routines, and constant self-control. When I started college, I felt differently. Although I'm a seasoned worker with a lot of real-world experience, academic writing, referencing, and doing work on a computer sometimes made me feel less sure of myself. Although my latest test scores of 51 and 66 showed progress, they also made me realise that I still need to do better. That's why I care about comments from university, according to Bandura (1997), self-belief affects effort and persistence. I no longer see poor grades as failure; instead, I see them as encouragement to improve.

3. Evaluation

A lot of good things have happened in my career development. Long-term discipline has helped me build a job, which is my biggest strength. Bodybuilding has taught me essential skills like patience, persistence, and grit that are useful in the real world. Although each client has different needs, coaching has also helped me improve my communication, leadership, and ability to solve problems. Award, judging, and qualification lists show that others have noticed my work experience. Doing classroom activities like self-evaluations, learning profile projects, and discussions about employability was another good thing about this module. Because of these activities, I realised that my experience is not just useful or physical, but also professional. I realised that skills like finding ways to motivate clients, breaking down complicated training plans, and dealing with stress can be used in other jobs. Naturally, there have also been problems. According to the SWOT analysis, one of my weaknesses is that I depend too much on my practical experience and not enough on written planning, academic research, and digital organization. Additionally, I need to boost my confidence when it comes to using Harvard style and providing assignments. Balancing training, coaching,

judging, schoolwork, and plans for future security is another task for me when it comes to time management. I learned from the module that not only hard work but also reflection and planning are needed for career growth. Similar to what I've learned in class, Moon (2004) says that perspective can help people learn more from their experiences. A successful job changes over time, too. Although I have been successful for a long time, I still need to keep my skills up to date, pay attention to comments, and act like a student as well as an expert.

4. Analysis

SWOT analysis helps me to grasp my position as a developing professional. My strengths are 20 years of bodybuilding and coaching experience, high levels of discipline, communication, motivation of clients, business expertise, qualifications, awards and judging responsibilities. These strengths contribute to my credibility as a fitness professional and increase my employability. My limitations are academic writing, digital confidence, Harvard referencing and the need to develop clearer written strategies for future aspirations. Opportunities include completing university, earning my bodybuilding professional pro card, creating online coaching, achieving a close protection security licence, gaining a security tutoring licence and eventually opening my own security agency. Threats include injury, workload, pressure from competitiveness and the possibility of not allowing enough time for study. SWOT is important because it makes experience into a sharper understanding of strengths and development needs (Gurel and Tat, 2017). Myers-Briggs personality theory is also a useful tool for me to understand my preferences. I perceive myself as a practical, goal orientated, people-centred and challenged person. This is why I prefer coaching, judging and bodybuilding, they are all people roles with performance and clear aims. However, I do recognise that Myers-Briggs should be taken as a loose label and not a definite one (Pittenger, 2005). For me it is useful as a self awareness tool as it shows why I prefer active, sociable and practical surroundings rather than just desk orientated employment. Holland's professional Theory also helps explain my professional decision. My best fit appears to be Social, Enterprising, and Realistic. I am Social, since I aid clients, Enterprising, because I do coaching and business activities, and Realistic, because Bodybuilding and security are practical physical occupations (Holland, 1997). According to Nauta (2010), Holland's theory is beneficial in relating personality and work environments, which assists me in understanding why both coaching and security fit my interests. The models illustrate that my career has a definite pattern. In general I am most driven when I can combine physical discipline, leadership,

communication and practical outcomes. They also help me make better decisions since I can compare future prospects with my abilities and values instead of just selecting what is at hand.

5. Conclusion

This reflection has made me realise that my career path is not just about winning titles and awards in bodybuilding. Additionally, it pertains to the professional traits and abilities I have gained through experience, such as control, communication, resilience, leadership, and responsibility. According to Gibbs (1988), the Reflective Cycle helped me organise my thoughts about my trip, including what happened, how I felt, what went well, what was hard, and what I need to do next. Based on my SWOT analysis, I have a lot of working experience but need to work on my academic writing, digital skills, and ability to plan things in a structured way. After doing the Myers-Briggs reflection, I better understood why I like difficult, useful, and people-centered work. My job fits in socially, entrepreneurially, and realistically, according to Holland's Career Theory. Today I realised that ending college is directly linked to my long-term goals. Getting more information, confidence, and digital skills will help my coaching business, my goals for becoming a security expert, and how I act professionally in the future.

6. Action Plan

The action plan below outlines specific and attainable activities I will take to advance my academic, career, and professional goals.

Goal	Specific Action	Measurable	Achievable	Relevant	Time-Bound
Gain bodybuilding professional pro card	Follow a two-year competition plan with structured training, nutrition, posing practice and regular coach feedback.	Photo updates, health checks, and comments from the judge.	Yes, because I'm very skilled and have a lot of knowledge.	Achievement of my long-held fitness goal.	Within two years.
Complete close protection security licence	Research approved providers, book the course, and get the training and paperwork I need to finish.	Getting a licence and a certificate.	Yes, because my fitness and my confidence take me along that road.	First step to create my own security agency.	Beginning of next year.
Gain security tutoring licence	Finalise tutor training and develop instructional materials using my coaching expertise.	Tutor license obtained and lesson plan developed.	Indeed, coaching abilities are transferable to teaching.	Facilitates the training of others and the advancement of my career.	Within 12-18 months.

Goal	Specific Action	Measurable	Achievable	Relevant	Time-Bound
Improve reflective practice	Maintain a concise weekly learning record associated with SWOT analysis and career objectives.	One submission weekly and a revised SWOT analysis each term.	Yes, you only need to make regular short entries.	Helps with self-awareness and professional actions.	Ongoing.

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