**Introduction:**

* Employability skills are transferrable skills that are useful in nearly every job. They involve the development of an expertise, knowledge base or mindset that makes you more attractive to employers (Yorke, 2004).

A critical reflective report reflecting a range of employability skills that reflects compassion, values and professional behaviours of health and social care professionals.

**Case scenario using Gibbs reflective model.**

***Description*:**

I work as a care assistant and one morning I came in to the property to provide personal care to the client (with dementia) I usually care for. The client requires two carers therefore there was another carer present with me. As usual, after all the encouragement and reassurance conversation (**Communication, Competence and Compassion from the 6Cs**), we managed to convince the client to get ready to have a shower. So we both assisted the client while taking her into the bathroom (**we applied Care from the 6Cs**). We gave the client a shower by keeping her engaged with continuous communication (**applied Communication from the 6Cs**). However, after the shower when I was holding her standing up, so the other carer can put clothes on, the client slipped and her left arm got hit against the wall (**Care, Compassion, Competence from the 6Cs**). We immediately checked her arm to see if there are any marks (**applied Care, Compassion and Competence from the 6Cs**) but there were none. So we safely brought her back to the room (**Care and Courage from 6Cs**).

***Feelings*:** I felt extremely bad over the incident and was checking her arm again thoroughly while applying moisturiser on her (**Care and Compassion from the 6Cs**) and noticed that the area she got hurt became grazed.

***Evaluation*:** I immediately notified that to my colleague and cleaned the clients wound with an anti-septic wipe (**Care, Competence from 6Cs**) while my colleague informed the family.

***Analysis*:** From the incident, I figured out my mistake and that was me alone assisting her standing up. Therefore, next time I will make sure that I wait for my colleague to assist the client with me as the client requires assistance from two carers at all times (**Commitment from the 6Cs**).

***Conclusion*:** After that, I completed an incident report form and handed it over to our manager as well as a copy to the client’s family (**Communication from the 6Cs**). We also assured the family that this kind of incident will never happen again.

***Action plan*:** From the incident, I have learnt a lesson and that is always to remember the requirements of a client and always read the care plan before conducting any tasks to avoid making mistakes in the future (**Commitment from the 6Cs**).