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|  | Helpful  to achieving the objective | Hamper  achieving the objective |
| Internal origin  (attributes of the system) | Strengths   1. Communicate and explain technical concepts at many levels. 2. Leadership / teamwork 3. Eagerness to learn. 4. Integrity & work ethic | Weaknesses/Areas for further development   1. Criticality in my writing. 2. I need to pause and reflect rather than responding instinctively. 3. Lack of knowledge of the capabilities and application of AI tools. 4. Lack of knowledge of data science technologies. 5. No industry experience in cybersecurity. |
| External origin (attributes of the environment) | Opportunities   1. Build an AI project in Python. 2. Offer to do a project for free for a small charity / company. 3. Build a data science project in Python. | Threats   1. The current job market in cybersecurity is challenging. 2. Difficult to find a position suitable for someone at my stage of their career. |