

SWOT Analysis with Self-Introduction

Semester 2 - Advanced Communication and Interpersonal Skills

(03010002HM01)

Learning Objectives

By the end of the session, students will be able to:

- Understand the importance of self-awareness and SWOT Analysis.
- Identify personal strengths, weaknesses, opportunities, and threats.
- Prepare and deliver a confident self-introduction.
- Develop a growth mindset for personal and professional success.

Topics to be Covered

1. Introduction
2. Meaning and Components of SWOT
3. Steps to Prepare a Confident and Clear Self-Introduction
4. The Role of Self-Awareness in Improving Interpersonal Communication
5. Strategies to Develop and Sustain a Growth Mindset
6. Activities
7. Conclusion
8. Learning outcome

Introduction

- Self-awareness helps individuals understand their strengths and limitations.
- SWOT Analysis supports self-reflection and personal goal setting.
- A confident self-introduction highlights one's unique qualities and abilities.
- A growth mindset encourages learning from experience and feedback.

Meaning and Components of SWOT

SWOT Analysis is a self-assessment tool that helps individuals or organizations understand internal and external factors affecting performance and growth.

It stands for:

Strengths: Qualities that give you an advantage — e.g., good communication, leadership skills, confidence.

Weaknesses: Areas needing improvement — e.g., stage fear, time management, hesitation to speak.

Opportunities: External chances for growth — e.g., workshops, internships, mentorship programs, competitions.

Threats: External challenges or obstacles — e.g., high competition, lack of exposure, limited experience.

Steps to Prepare a Confident and Clear Self-Introduction

- **Start with a greeting** – “Good morning/afternoon everyone.”
- **State your name and background** – Include course, specialization, or current position.
- **Mention your strengths or skills** – Highlight 2–3 qualities that define you (based on your SWOT).
- **Share interests or achievements** – Reflect personal identity or professional goals.
- **Add your aspirations** – What you wish to become or improve.
- **Close positively** – “Thank you.”

Tips: Maintain eye contact, speak slowly and clearly, smile, and use confident body language.

The Role of Self-Awareness in Improving Interpersonal Communication

Self-awareness means understanding one's **emotions, strengths, values, and behaviour patterns.**

- Helps individuals **control reactions** and **express thoughts clearly.**
- Encourages **empathetic listening** and understanding others' perspectives.

Students with self-awareness communicate more effectively because they:

- ☐ Understand how their **tone and gestures** affect others.
- ☐ Can **adapt communication styles** to different people and situations.
- ☐ Build **positive relationships** through empathy and respect.
- ☐ Acts as the **foundation of emotional intelligence** and **effective teamwork.**

Strategies to Develop and Sustain a Growth Mindset

- **Adopt positive self-talk** – Replace “I can’t” with “I can improve.”
- **View challenges as opportunities to learn.**
- **Accept feedback** as a tool for growth rather than criticism.
- **Set SMART goals** (Specific, Measurable, Achievable, Relevant, Time-bound).
- **Celebrate small achievements** to build motivation.
- **Reflect regularly** – Keep a personal journal to note progress and lessons learned.
- Surround yourself with **motivated and supportive peers** who encourage growth.

Activity 1 – Self-Introduction Practice

Instructions:

- Divide students into **pairs or small groups**.
- Each student prepares and delivers a **1-minute self-introduction** using their SWOT insights.
- Encourage them to focus on **eye contact, body language, and tone**.
- Partners listen attentively and note one strength in the presentation.

Outcome:

Students learn to **speak confidently, highlight their strengths, and structure introductions effectively**.

Activity 2 – Strength-Sharing Circle

Instructions:

- Arrange students in a **circle formation**.
- Each student shares **one personal strength** and appreciates **one strength of a peer**.
- Encourage students to use positive and respectful language

Outcome:

Promotes **mutual respect, team spirit, and recognition of others' abilities**.

Example Self-Introduction

Good morning everyone. My name is Priya Patel, and I'm pursuing B. Tech in Computer Engineering at Parul University.

One of my strengths is being a good listener and team player.

I'm working on improving my public speaking skills to express ideas more confidently.

My goal is to become an effective communicator and contribute positively to my team. Thank you.

Conclusion

- SWOT Analysis is a foundation for **personal growth**.
- Understanding your SWOT helps you set meaningful personal and professional goals.
- Self-introduction builds confidence and improves communication clarity.
- A growth mindset turns challenges into opportunities for learning and development.
- Reflection and feedback lead to continuous self-improvement.

Learning Outcomes

- Identify personal strengths, weaknesses, opportunities, and threats.
- Deliver a confident and well-structured self-introduction.
- Apply SWOT for self-development and communication enhancement.
- Recognize the importance of feedback in building confidence.
- Develop a positive and growth-oriented mindset.

Thank You