

Unit 11 – Reflection:

Looking back on this week's studies, I can't help but reflect on the significant development I have undergone throughout this course. It has had a profound impact on my personal and professional life. Over the past two years, I have absorbed incredible knowledge and skills, which have immensely enriched my quality of life.

This week, I also worked on my SWOT analysis, Skills Matrix, and Action Plan. These activities prompted me to reflect deeply on my strengths, weaknesses, opportunities, and threats. On further reflection, I realised specific areas where I can enhance my personal development and identified opportunities for improvement. This process has given me valuable insights into the areas where I need to focus my efforts to make meaningful progress.