

Personal SWOT Analysis

Reflect on all you have learnt and your work experience, to record your Strengths (S), Weaknesses (W), Opportunities (O) and Threats (T).

<p>Strengths – list those skills and competencies, plus any other personal attributes, which you consider are a strength to you. These are skills and/or competences which require very little development and which you are currently using frequently and effectively in your professional and/or personal life.</p>	<p>Weaknesses – list those skills and competencies, plus any other personal attributes, which you consider need improving. These are the skills and/or competences which, if they were a strength, would add value to your professional and/or personal life.</p>
<p>Opportunities – list those skills and/or competencies, plus any other personal attributes, which would be a strength, but you currently do not use them sufficiently.</p>	<p>Threats – list those skills and/or competencies, plus any other personal attributes, which you are currently using but not often. These are the skills and/or competences which, if not used frequently and effectively could cause problems in your personal and/or professional life.</p>