

## **Unit 11 – Reflection:**

Reflecting on this week's studies, I am struck by the significant development I have undergone throughout this course. The impact on my professional life has been profound. Over the past two years, I have absorbed a wealth of knowledge and skills, greatly enriching my quality of life.

I also worked on my SWOT analysis, Skills Matrix, and Action Plan this week. 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.