**SWOT**

|  |  |
| --- | --- |
| Strengths – things to consider | Weaknesses – things to consider |
| CapabilitiesUnique selling pointsExperience, knowledge, skills, qualificationsThings you enjoyThings you are good atPositive feedback you’ve receivedPersonality traits | Gaps in our experience, knowledge, skills and qualificationsThings you least enjoyConstructive feedback you have receivedThings you want to develop to be effective in your role/career |

|  |  |
| --- | --- |
| Opportunities – things to consider | Weaknesses – things to consider |
| What will help you develop further?What support is available? Training, coaching or mentoring opportunities. Secondments and shadowing opportunities?What network events and conferences could you attend?What other skill development options are available?How can you leverage your strengths?  | What will get in the way of your development?What are the barriers to you moving forward?Reflect on your own preferences and areas. How might these undermine your development? What qualities do you have that, if you take them to extreme end, will be unhelpful to your development (e.g. perfectionism)? |