Personal SWOT Analysis

When completing your Personal SWOT analysis you may find the following prompts useful:

Strengths

* What skills or experience do you already possess?

* What do you do well already?

* What do other people see as being your strengths?

*Don't be modest - be realistic.

Weaknesses

* What areas of your development could you improve on?

* Do you lack experience that you may need for your long term career?

* What do you do badly?

* What should you avoid?

* Do your friends/family/colleagues think you have weaknesses that you do not agree with?

* If so, why do they think that?

Opportunities

* What activities and opportunities are available to you in your learning and development?

* Consider the networking opportunities that will be available to you. How will you make best use of these?

* A useful approach to looking at opportunities is to look at your strengths and ask yourself whether these open up any opportunities. Alternatively, look at your weaknesses and ask whether you could find opportunities to eliminate them.

Threats

* What obstacles do you face to getting involved in other activities?

* Could any of your weaknesses seriously threaten your opportunities? If so what are they?

* Do you have past experience of trying and failing to achieve your goals? How could this affect you? What can you learn from this experience?

* What activities and opportunities are available to you in your learning and development?

* Consider the networking opportunities that will be available to you. How will you make best use of these?

* A useful approach to looking at opportunities is to look at your strengths and ask yourself whether these open up any opportunities. Alternatively, look at your weaknesses and ask whether you could find opportunities to eliminate them.

* What obstacles do you face to getting involved in other activities?

* Could any of your weaknesses seriously threaten your opportunities? If so what are they?

* Do you have past experience of trying and failing to achieve your goals? How could this affect you? What can you learn from this experience?