**SWOT Analysis**

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| **Strengths***What do you do well? What knowledge, skill and experience do you have?* | **Learning needs***Are there any gaps in your learning or experience? Do you need more experience in anything? Are you clear about what is expected of you and the support you expect from your team?* |
| **Opportunities***What development opportunities are available? What resources are available from your professional body?*  | **Threats***What are the barriers? Consider time, workload pressures, personal commitments, and energy levels.* |