

# Chaos!!

This past 2weeks has really been challenging! As I was still looking for a cheaper way out to complete my fees because my home country has stopped our method of payment, boom! school blocked me off everything as a result of non completion of fees. No access to aula and I've got my dissertation, CMI, portfolio and a resit. Honestly, I was panicking and thrown off balance but my resilience kept me on track.

I'm not out of it totally, but I keep pushing!!!

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## "ME TIME"



I am a strong believer of having a "me time". Most times, when the stress of daily struggles and meeting up with set goals and deadlines rises, it affects our output and becomes very evident. For me, once it gets to the point where it starts to affect my productivity, I retreat immediately, find a nice, serene environment and give myself a treat. It could last for a day, 2 or at most a week but whatever the case, I always come back free and refreshed...RETREAT and RELAUNCH!!!

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# I'm always here!!!

Wondered where I've been?...Your girl has been around juggling family life, part time job and of course studies. Though we've been on break for a while now but I've also been keeping up with personal studies, volunteer work, seminars, just to be in tune with my career.

Our final semester is here and it's looking good though with a 6000 word load of project to do but our first seminar really gave it a smooth and entrance and I'm motivated to start off immediately...COUNTDOWN begins!!!

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## My CPD

CPD which is an acronym for Continuing Professional Development is one of the ways in which we maintain and develop our skills. In my own case, I took some courses and still taking more, to work on the areas I need to develop. Below are some of the certificates of completion





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# Personal Development Plan

A personal development plan is a road map that helps you achieve your goals, it motivates you and helps you stay focused in reaching your target. Simply put, it is a strategy to improve some aspects of your life. The first step is to do a SWOT analysis which enables you identify your areas of strength and weakness, after that, you make a plan on how to work on those areas that need personal development, which are those identified weaknesses.

Below is my plan on how to work on my areas of development, using SMART objectives

**Improving my time management skills- short-term goal using**

## SMART objectives

	Goals
<b>Specific</b>	My time management skills require improvement so that I will be able to achieve balance in organising and prioritising patient care, carry out personal obligations and administrative tasks, and educational responsibilities.
<b>Measurable</b>	I aim to within the next 3 months, to improve my time management skills so that my productivity can be increased making use of self-assessment and self-monitoring my time. I will also make use of 360-degree feedback form to gather feedback from my colleagues, peers, and mentors regarding managing my time effectively.
<b>Attainable</b>	To ensure that I make use of scheduling which is realistic using electronic notes daily. I will also make use of reminder alarms and Google calendar so that I will be kept on track and ensure that I reduce distractions such as spending time on the internet.
<b>Realistic</b>	Using prioritising goals for daily activities this will improve my skills as a healthcare leader and also to ensure that I will be able to progress within my career.
<b>Timely</b>	This goal is to be achieved by December 2022 and I should be able to improve my time management skills in an effective way and be able to maximise my work productivity so that my targets can be achieved.

**Improving and gain communication skills which are effective  
–medium-term goal using SMART objectives**

	Goals
<b>Specific</b>	<p>I find it hard and struggle to speak confidently within public and also in front of audiences. I will stutter and find it hard to express my opinions and views even when I am well prepared and know what it is that I wish to discuss. Therefore, I need to ensure that I gain communication skills which is effective especially in the area of public speaking as I am not strong in this area.</p>
<b>Measurable</b>	<p>Within the next six months I aim to improve my confidence within public speaking and to ensure that my communication skills are developed effectively. Improvement will be measured using feedback from tutors, colleagues, and my mentor who will be able to provide feedback on my presentation and communication skills critically. Also, having discussion which is effective and being able to exchange my views in an eloquent way whenever I am carrying out presentations.</p>

<b>Attainable</b>	<p>I aim to achieve this objective through the use of active presentation which include making use of opportunities in group activities and class presentations.</p> <p>Additionally, I will make use of opportunities within my local settings which will allow me to communicate to larger groups and I will also make use of continuing professional development which offers opportunities to improve communication skills and presentation skills. I will make use of self and peer reflection so that I can better identify my strengths and weaknesses in this area so that I can work on the weaknesses.</p>
<b>Realistic</b>	<p>Leaders need to possess communication skills which are effective. This will allow them to be able to communicate goals and objectives to the team effectively ensuring that miscommunication is reduced and also ensure that effective teams are created. Having a master's degree will allow me to develop this skill in different class group settings where I will be able to become an effective public speaker.</p>
<b>Timely</b>	<p>I aim to achieve this goal by March 2023, and this will provide me with enough time to be a stronger orator who is confident when speaking publicly.</p>

**Developing and improving strategic planning –Long-term goal using SMART objectives**

	<b>Goals</b>
<b>Specific</b>	There is a need for me to develop and also improve my strategic planning skills.

<p><b>Measurable</b></p>	<p>Within the next 9 months, I aim to develop and become a strategic planner which is improved. To measure the outcomes, I will make use of the 360-degree feedback tool so that I can gain feedback and carry out reviews which are critical from my team, colleagues and mentors. I will also carry out self-assessment and to make regular changes so that I can improve this skill. I will also make use of performance appraisal which I will gain from my placement.</p>
<p><b>Attainable</b></p>	<p>To acquire this skill I will make use of group discussion, teamworking, volunteering and collaborating within group projects. I will ensure that I make use of active listening to ensure that I hear and understand the views of my team members and be able to create a strategic working plan and be able to allocate works which are desired to the members of the team when I am leading the team. I will also ensure that I develop this skill making use of continued professional development workshops and courses.</p>
<p><b>Realistic</b></p>	<p>Within healthcare leadership, the leader will need to be able to plan strategically so that conflicts can be avoided so that goals and vision of the team can be achieved. In this skill being developed, I will be able to progress in my career and be able to attain leadership positions within healthcare after completing my degree.</p>

<b>Timely</b>	This goal should be achieved by September 2023, after I complete my master's programme. It is hoped that this will allow me to become an emergent leader by my strategic planning skills being improved.
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## My Coventry University



This is my School, Coventry University. Starting my MSc programme here was really challenging due to the change of environment, adapting to the weather condition and different method of teaching and learning, but one very good and outstanding thing that helped me to blend well into the system is my ability to adapt really quick and Coventry University's available resources that makes learning really very smooth and easy...MSc. Global healthcare management in view♥♥♥

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# SWOT ANALYSIS



One of the very first things I learnt which has been very useful in my developing and improving myself more is SWOT analysis. An acronym for Strengths, Weaknesses, Opportunities and Threats, is a tool used to analyse and identify areas of strength as well as personal development.

The table below shows my personal SWOT:

<p style="text-align: center;"><b><u>STRENGTHS</u></b></p> <ul style="list-style-type: none"><li>-Resilience</li><li>-Multitasking</li><li>-Take responsibility</li><li>-Patience and Tenacity</li><li>-Adapt quickly</li><li>- Make friends easily</li></ul>	<p style="text-align: center;"><b><u>WEAKNESSES</u></b></p> <ul style="list-style-type: none"><li>-Poor communication</li><li>-Poor time management</li><li>-Procrastination</li><li>-Perfectionism</li><li>-</li></ul>
<p style="text-align: center;"><b><u>OPPORTUNITY</u></b></p> <ul style="list-style-type: none"><li>-Lectures</li><li>-Trainings</li><li>-Career workshops</li><li>- Volunteer jobs</li><li>-Family support</li></ul>	<p style="text-align: center;"><b><u>THREATS</u></b></p> <ul style="list-style-type: none"><li>-Family responsibilities<ul style="list-style-type: none"><li>- Rising cost</li></ul></li><li>- Changing financial situation</li><li>-Lack of support</li><li>-Unexpected health issues</li></ul>

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# Hello world!

My name is Nwamaka Audrey Nnamani. I am from Enugu State, the eastern part of the beautiful country Nigeria. I am a Wife, Mother, Nurse by profession and currently a student of Coventry University. I am an adventurous and fun loving chik, I love to travel, visit new places, hang out with friends, party and explore things that intrigues me. I'm not a fantastic swimmer but I enjoy swimming, going on boat rides and ship cruise..

Welcome to my space as I take you along my journey in Coventry University and life in United Kingdom