

SWOB Guidelines

Strengths, Weaknesses, Opportunities & Blocks

Please take time to complete this form and as can help create your CPD Plan. If you need help completing this, you could avail the services of one of the Society's trained Mentors.

Here are some questions to assess your needs which may help you fill in SWOB Form:

- ≡ Do I have career goals?
- ≡ What are my strengths and weaknesses as well as the opportunities and blocks to development (SWOB)?
- ≡ Where am I in my career? What am I willing to invest to achieve my career goals?
- ≡ What motivates me?
- ≡ What roles do I resist or find challenging from lack of skills or understanding?
- ≡ Key areas to focus my learning include.....
- ≡ What form of feedback do I best respond to?

The SWOB Inventory overleaf will help you to take on overview of your strengths and opportunities as well as your weaknesses and the potential obstacles to your vision.

STRENGTHS, WEAKNESSES, OPPORTUNITIES & BLOCKS INVENTORY

STRENGTHS	WEAKNESSES
OPPORTUNITIES (TO DEVELOP SKILLS; KNOWLEDGE)	
POSSIBLE OPTIONS	POSSIBLE ACTION/S
BLOCKS	
IDENTIFIED	POSSIBLE ACTION / HELP NEEDED TO OVERCOME