



# Exploring Leadership

## PERSONAL LEADERSHIP: REFLECTION

Good leaders reflect on their actions, and the same should apply to the groups they lead. Reflection is a powerful tool for self-dialogue, helping us ask new questions, solve problems, and improve. When we reflect, we grow, leading to better outcomes in both personal development and teamwork. It's an essential practice for effective leadership, yet it's often overlooked.

### CONVERSATION STARTERS:

Are you a human being or a human doing? Do you sometimes keep yourself busy just to avoid thinking about how things are going?

Without reflection, we move through life without considering what's working and what isn't. We get caught up in daily activities without assessing our progress. This can leave us feeling stuck or unfulfilled. To break this cycle, it's important to reflect regularly—whether daily or weekly.

### KEY OBJECTIVES:

- Understand the steps in the Reflection process.
- Reflect critically on a personal leadership experience.

### WHAT YOU'LL NEED:

- Copies of the "Leadership Reflection Handout" (Appendix)
- Pencils or pens
- Optional: Phones to record videos

## EXPLORATION ACTIVITY:

In this activity, you'll reflect on a time you showed leadership and then share your experiences to learn from one another.

### Activity

- Hand out the "Leadership Reflection Handout" (Appendix) and pencils to participants.
- Allow a few minutes for participants to reflect on a time when they were in a leadership position. Leadership can take many forms, so encourage them to think about moments when they guided others or made decisions.
- Have participants answer the questions on the handout based on their leadership experience.
- Invite participants to share their reflections with the group.
- Encourage an open discussion where everyone can learn from each other's leadership experiences.

### Optional Activity:

- Challenge participants to record a 1-minute video introducing themselves to a target audience, with only one take.
- Afterward, watch the videos and reflect on what they would change or how they felt about their approach.

### FACILITATOR TIPS:

- Share a personal reflection experience and how it helped you grow.
- Use the "Leadership Reflection Handout" in pairs or teams to encourage deeper insights.



## REFLECTION QUESTIONS:

Look at us now, reflecting on reflection. That's some deep thinking!

- Which part of the reflection process was the hardest for you? Why?
- What new insights did you gain about your leadership experience through reflection?
- How did reflecting on your leadership experience change the way you view challenges or decisions?

## APPLICATION DISCUSSION:

- How could reflection help you in situations outside of leadership, like in school or at home?
- Why do you think reflection is so important for leaders to be effective?
- When faced with tough decisions in the future, how will reflecting on your actions help you improve?



## CONCLUSION:

Engaging in self-reflection helps us gain new perspectives, learn from our experiences, and respond more effectively to challenges. You don't need to keep a journal, but taking a few minutes each day to reflect on your actions, what went well, and what you learned is a valuable habit. Reflection gives you the opportunity to grow, adjust, and improve, making it an essential part of personal success and effective leadership.

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## REFERENCES

- Why Reflective Leadership Is the Key to a Successful Purpose Transformation: <https://www.inc.com/adam-fridman/why-reflective-leadership-is-the-key-to-a-successf.html>
- Simon Sinek on How Reflection Informs Personal Growth: [https://www.youtube.com/watch?v=\\_Ky-mKuhKgU](https://www.youtube.com/watch?v=_Ky-mKuhKgU)
- How Reflection Informs Personal Growth - Courtney Spence: <https://www.youtube.com/watch?v=p1KtmPDxeoo>
- Self-Reflection 101: What is self-reflection? Why is reflection: <https://www.holstee.com/blogs/mindful-matter/self-reflection-101-what-is-self-reflection-why-is-reflection-important-and-how-to-reflect>



# APPENDIX:

## LEADERSHIP REFLECTION HANDOUT

### Step 1: Recall

- Think about a time when you took on a leadership role. What were your responsibilities? Who were you leading, and how did things turn out?

### Step 2: Understand

- Do you feel that the task was important? Why or why not?

### Step 3: Evaluate

- Was the leadership experience good or bad? What made it turn out the way it did?

### Step 4: Analyze

- Did others see the situation the same way you did? Were there patterns in how you acted?

### Step 5: Draw Conclusions

- How could the experience have gone better? What would you have done differently?

### Step 6: Extend

- If you had to do this again, how would you do it better? What lessons did you learn that will help you be a better leader next time?