Good leaders self-reflect, and the groups they lead will do the same. Reflection is a form of dialogue with oneself from which new questions arise, problems are solved, improvements are made, and the process spirals naturally upward. Reflection is an important and often overlooked aspect of not only personal development but also teamwork and leadership.

Without Reflection, we simply go through life without thinking by moving from one thing to the next, never taking time to evaluate what’s working and what isn’t. This can result in feeling stuck or unsatisfied with where we’re currently at. To break this cycle, let’s practice the steps in Reflection.

EXPLORATION ACTIVITY:
- Hand out the Leadership Reflection (Appendix) and pencils.
- Give participants a few minutes to reflect on a time they were in a position of leadership. Everyone has different experiences in this arena, so “leadership” can be interpreted in any way that will allow them to answer the questions.
- Share experiences and reflections.

Activity Spin Off Idea:
Ask participants to record a short 1 minute video introducing themselves to their target audience (ex: student body, local community members, or employees at a company).

Do not give them any additional rules other than the length of time...it must take a full 1 minute, and not any more. They will decide what they want to publicly disclose about themselves and will only get one try. Later, watch those who would like to share while encouraging each participant to reflect on anything they wish they would've done differently.
APPLICATION DISCUSSION:

What is the most difficult step in the Reflection process for you? Why?

What did you discover by reflecting on the leadership experience that you had not considered before?

Hey, look! We’re reflecting on Reflection. Mind blown!

REFLECTION QUESTIONS:

- In what other situations or life circumstances can Reflection be useful?
- Why would reflection be especially important for leaders?

CONCLUSION:

When you engage in self-Reflection, you gain perspective, learn more, and respond more effectively to the world around you. Even if you don’t go as far as keeping a journal, take some time every day to at least think about how things went and what you learned.

REFERENCES

- https://www.inc.com/adam-fridman/why-reflective-leadership-is-the-key-to-a-successful.html
- https://www.youtube.com/watch?v=_Ky-mKuhKgU
- https://www.youtube.com/watch?v=pIKitmPDxeo
APPENDIX:

Step 1: Recall -- Describe a time you took on a leadership role. What were your responsibilities? Who were you leading? How did it turn out?

Step 2: Understand -- Do you feel that the task was important? Why?

Step 3: Evaluate -- Was the leadership experience good or bad? How did it turn out?

Step 4: Analyze -- Did others see the situation the same way you did? Were there patterns in your behavior?

Step 5: Draw Conclusions -- How could the experience have been better? What could you have done differently?

Step 6: Extend -- If you do this again, how will you do it better? What lessons have you learned that will help you be a better leader?

REFERENCES

- https://www.inc.com/adam-fridman/why-reflective-leadership-is-the-key-to-a-successful.html
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