

Reflective learning

1. How do you make a decision on what you reflect on?
2. How did you feel the first time you reflected?
3. Was it easy or was it quite difficult?
4. Are you pushing your own comfort zone?
5. Have you changed your own method of reflecting from when you first started?
6. What difference have you seen since completing the reflection diary?

- Reflective learning emphasizes the self as the source of learning and it is inherently an individual process.

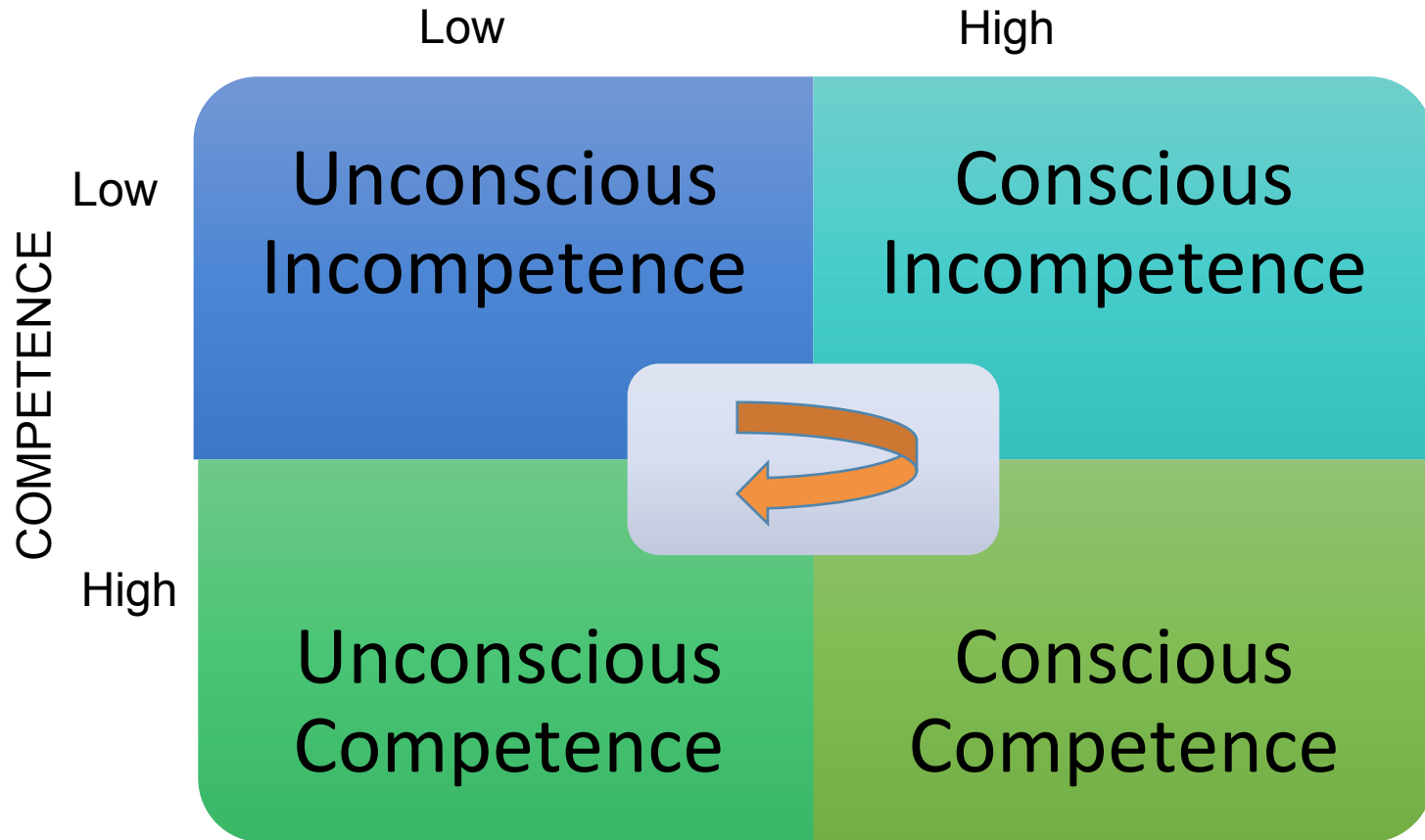


The process of reflective learning

1. A sense of discomfort
2. Identification and clarification of the concern
3. Openness to new information from internal and external sources, with ability to observe and take in from a variety of perspective
4. Resolution expressed as integration, coming together, acceptance of self-reality and creative synthesis
5. Establishing continuity of self with past, present, future
6. Deciding whether to act on the outcome of the reflective process

Johari Window

SELF AWARENESS



Develop Your Knowledge as a Leader

LEADING OTHERS

REFLECT

1. How do you motivate your team?
2. What exactly do you do to align the personal interests of your team members with those of your organization?
3. How do you motivate your team when there are tight deadlines and other constraints?

Your tasks over the next 4 weeks are:

1. To complete a 10 minute reflection of the week in your reflection diary.
2. To be aware how and what you are saying to motivate others – look at page 14 - make a note in your reflection diary
3. Buy The Chimp Paradox to read by Steve Peters