

LEADER TIPS

What is reflection?

- Reflection is a critical part of leadership and involves emotion and thinking
- It is the mental ability to think about who you are and consciously recognize this in group settings
- It is a response to people, situations, and events
- Can lead to discovery of beliefs and values that guide you as a leader
- It is not entirely description, but rather meditation and thought, also known as reflective thinking
- Can be used to reflect on your role or the success of your group, but can also be used for the Jesuit Value: Self-Awareness

How is reflection used?

- Often used after an event or time in which a leader needs to think about how something went
- Use the five steps to reflect on your role, a situation, or an event
 - **Select:** What needs to be addressed?
 - **Describe:** Who? What? When? Where?
 - **Analyze:** Why? How?
 - **Appraise:** Determine the impact. Where goals reached?
 - **Transform:** What can be done better the next time?
- Used for personal growth and finding of oneself
- Uses questions such as:
 - Who are you?
 - What is your calling?
 - What your values?
 - What your beliefs?

Now how do I use reflection?

- Use this within the groups you lead to reflect on the work you have done
- Maybe you have reached a goal and want your group to think about the successes and challenges
- Guide your group to think about different aspects and then use their reflection to start a discussion
- In using it for self-awareness, find different ways to reflect
- Use techniques and a quiet place to take time to think and ask yourself a few questions
- There are a variety of ways: guided meditation, self thinking, and journal writing

What do I never do in reflection?

- Don't be afraid to be honest with yourself
- Don't be afraid to improve self-reflection
- Never expect results without practicing mindfulness