

CORNERSTONE 2018 RESOURCE

How to Look Back to Move Forward *Elective 2*

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SUMMARY:	In this session, we'll be practicing tools for personal reflection. How do you look deeply at your own strengths and growth areas? How do you address those growth areas and build on the strengths to become even more confident, dynamic and skilled? How do you develop ongoing practices for that kind of self-reflection and self-assessment so that this becomes a natural part of our own leadership and evolution?
TOPIC(S):	Leadership Skills
LEARNING OBJECTIVE:	Participants will have several new tools for setting goals and assessing their growth in an ongoing way.
AUDIENCE:	Staff
TIMING:	90 minutes
APPENDICES:	"Why Reflection" texts Set of reflection worksheets
MATERIALS NEEDED:	Lots of blank paper (several sheets per participant), pens
SET-UP DETAILS:	Any place that's quiet and has good surfaces for writing will be fine.

SESSION TIMELINE & OUTLINE:

Opening: Why reflect?

- Paste each of the "Why Reflection" texts around the room in a "Living Talmud" style (on chart paper with enough room surrounding each text so that people can write their own responses).
- Give everyone time to walk around and reply to the texts - add their own related questions, affirmations, extensions and other thoughts.
- Come back together. Ask a few people to share stories of learning and improvement -- situations where something didn't go as well as it could have and where the lessons learned from that helped that person to do better the next time.

Explain that in this session, we'll move through a series of reflection exercises. Some of these are for assessing specific experiences, some are for big-picture assessment, and some are for ongoing assessment. Each of these exercises are on one of the attached worksheets (see below).

After practicing each of the exercises, end the session with a game:

- Ask each person to come up with a word or phrase that represents how they want to feel as their ideal, strongest, most awesome self, and then to create a body movement that represents how that feels.
- Stand in a circle. Go around and have each person share their word/phrase and demonstrate their movement, with everyone repeating the word/phrase and movement after them.

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

These exercises can all be used throughout the summer at camp, even if you don't do a full dedicated session on the overall topic (like this one). Recommended uses of the exercises:

- Assessing specific experiences: to be used at whatever staff meeting follows a particular program or project.
- Big-picture assessments: to be used in a staff training/education session.
- Tools for ongoing assessment: would be great to use as a regular part of staff meetings (e.g., weekly).