FOUNDATIONS OF LEADERSHIP PROGRAM

Reflection Groups

Information Sheet

- You will have a great opportunity in each of the Modules to learn concepts, share information, and consolidate learning. An additional opportunity to reflect on and apply learnings will occur as part of your 'Reflection Groups'.

- Reflection Groups will consist of a small number of people from your Foundations of Learning cohort.

- The purpose is to pause and reflect between each Module and consider how to apply what you have learned in the module to the workplace itself.

- The Reflection Groups are also an opportunity to connect with your peers and share the leadership journey.

- Each Reflection Group is required to meet at least once in between Modules, although there is no reason you can't meet more than once.

- Depending on where your group is geographically located, you may meet face to face or via video-link. The focus of each group should be:

    1. Reflection on the Module most recently completed

    2. Application of the learning from the module to the workplace

    3. Thinking about the content of the upcoming module

- At your Reflection Group meeting please have handy any notes or participant information from the previous module This will help 'jog your memory' for the discussions.

It is suggested that you follow the below **agenda** for each Reflection Group meeting:

Time	Agenda Item	Guiding Pointers	Process
5 mins	Leadership experience	• One leadership win and one challenge for me since I attended the last module	Round Robin / turn taking
10 mins	Reflections from the Module	• Something that has stuck with me from the previous Module. • Something I can apply or have already applied from the previous module to help with my day to day leadership.	Round Robin / Turn taking
10 mins	Planning ahead	• What do we know about the next module's topic? • How might the topic relate to our experiences in the workplace?	Group discussion
5 mins	Actions	• What is one action I will take to enhance my leadership as a result of the discussion today?	Round Robin / Turn taking

In collaboration with

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