

Reflective Essay

Introduction

My development since 2013, the beginning of my university career, has been sizeable not only in physical and mental ability, but also in cognitive shifts, career development, skills acquirement (physical, academic, interpersonal and intra-personal) and subject knowledge. Personally I feel I have improved mostly in my personal development, as I started uni with a good foundation of knowledge that I have since built on. The contacts and connections I have formed over the past few years have been invaluable to me and the network I have created will be equally valuable for future employment. This essay will highlight in more detail my personal and professional development, and what issues I feel might affect my future career prospects.

Professional

I've always been a physically able person and I've always loved the challenge of physical activity. Since I was young I've been an avid climber of all things, mostly trees until I was a little older and I discovered rock climbing. I had acquired my three star kayak qualification (BCU, 2011) by the age of 15, the motivation being a two week trip kayaking down the Kali River in North India. There are many other outdoor experiences I had the opportunity to take part in whilst I was young, for example, a four day trip canoeing in Sweden and acquiring a high rank in both the army and navy sections of the CCF (Combined Cadet Force) in my secondary school Mill Hill Foundation (Mill Hill School Foundation, 2012).

During the summer of 2012, once I had finished sixth form, I worked at GoApe! (a high wire course) (Adventure Forest Ltd, 2015) and was climbing two to three times a week indoors. I then spent my gap year working in an outdoor centre in North Devon called Yenworthy Lodge (Yenworthy Lodge, no date), where I had my first outdoor climbing experience. I completed my BASI 2 (British Association of Snowsports Instructors) (BASI, no date) snowboard coaching qualification in Switzerland, and completed a 3 month solo walk from Lands End to John O'Groats for charity (raised £3000) (Greaves, 2013). Based on these adventures, it is clear that I have a passion for the outdoors and therefore plenty of outdoor experience before I came to university, even if at the time I was putting all my efforts into being a professional musician.

During the first year of university I had the opportunity to explore lots of different outdoor sports that I hadn't done before, so I could decide from an informed point which ones I wanted to specialise in. Caving and bushcraft became prevalent sports and are probably now my most favoured, whereas climbing and kayaking (the sports I had most previous experience in) surprisingly took a back seat. I have completed my cave leader training for both Level 1 and Level 2 (Evans, 2015), and I'm looking towards achieving the assessments this year. Caving is something I was always curious about, and to move through the sport from beginner, to advanced, to being able to facilitate other peoples caving experiences, has been a great source of joy for me.

I've also completed the training for my practitioners qualification for bushcraft (Institute for Outdoor Learning, 2015). Like caving, I've always had an interest in the natural world, however with bushcraft I've had lots of previous experiences where I've used bushcraft skills, even though I perhaps wasn't aware of it at the time. Having a bushcraft skill and being aware of all the deeper intricacies of the skill are very different, and I feel that I now have a deeper understanding of many bushcraft skills. Not only do I feel that I can complete a bushcraft related task but I am confident I would be able to pass those skills on to others.

Although climbing has not been a huge focus for me over the past three years, my skill set has still progressed. I have completed my SPA (Single Pitch Award) training with the hopes of completing

Leadership Self Reflection Paper

**Payal Kumar, Tom Elwood
Culham, Richard J. Major, Richard
Peregoy**



Leadership Self Reflection Paper:

Competencies for Effective Leadership Ralph A. Gigliotti, 2019-05-28 What makes a leader In this critical time of change for leaders it has become increasingly important to understand the competencies associated with leadership This essential book explores the ways in which Brent Ruben s Leadership Competency Scorecard can be used within an organizational setting

Professional Counseling Excellence through Leadership and Advocacy Catherine Y. Chang, Casey A. Barrio Minton, Andrea L. Dixon, Jane E. Myers, Thomas J. Sweeney, 2012-04-27 This text will be a valuable resource for counseling students and educators to assist in the incorporation of leadership and advocacy training into the counseling curriculum based on the new standards set forth by the Council for Accreditation of Counseling and Related Educational Programs CACREP Readers will acquire a broad scope and vision of leadership and advocacy which includes client advocacy advocacy for the counseling profession and social justice It identifies the historical context of leadership and advocacy provides a framework from which to understand these concepts and provides concrete examples of leadership and advocacy happening in the field today Chapters describe the design of an effective counselor education curriculum supervision of counselors and leadership and advocacy practice in various counseling settings Edited by leaders in the field of counselor education and endorsed by Chi Sigma Iota this text will provide students with the knowledge skills and qualities to succeed as leaders and advocates throughout their counseling careers

Leadership in Practice Gerard Seijts, Karen MacMillan, 2017-09-19 Recent financial crises and other high profile mismanagement cases have brought a spotlight to the quality of leader character in the business sector Leadership in Practice is the first book to provide an authoritative collection of cases to engage students interested in the importance of the character of business leaders The authors have compiled a collection of cutting edge cases and readings situating them within a theoretical landscape so students are familiarized with the concepts as they move through the text The cases cover a wide range of successful businesses from the NFL to Apple and include notable controversies such as those surrounding Enron and Volkswagen Alongside exclusive interviews and insights into the value of leadership character at individual team organizational and societal levels the book includes learning objectives and discussion questions to facilitate lively debate and interaction in the classroom This volume will be a valuable supplement for students and instructors in any leadership class as well as researchers and practitioners interested in exploring case studies that illuminate the nature of leadership in a business setting

Gower Handbook of Leadership and Management Development Jeffrey Gold, Richard Thorpe, Alan Mumford, 2010 The fifth edition of the Handbook explores the role and value of leadership and management development and provides tools techniques and authoritative guidance on how to deliver it effectively The contributors both academics and professionals many of whom are highly regarded in their field work with existing as well as new ideas incorporating the needs of contemporary society with a commitment to show how their ideas are relevant in practice and how they may be implemented The book draws on case studies and contributions from North

America Australasia and Europe **Organizational Behavior** Mitchell J. Neubert, Bruno Dyck, 2021-04-13 Organizational Behavior For a Better Tomorrow 2nd Edition is a unique blended approach to the subject combining traditional core competencies with contemporary research and innovative practices The textbook's distinctive dual presentation integrates conventional and sustainable organizational behavior OB to help students understand how creativity collaboration and ethical decision making can positively impact people organizations and entire communities This fully updated second edition provides a balanced real world approach that strengthens critical thinking skills enables students to explore the rationale for sustainable OB practices and illustrates and how values and ethics influence business decisions in the real world Rather than focusing only on the short term bottom line approach of traditional OB the text discusses a comprehensive range of topics from current trends in popular media and scholarly literature to addressing the current and long term needs and goals of organizational stakeholders **Overcoming Challenges and Creating Opportunity for African American Male**

Students Butcher, Jennifer T., O'Connor Jr., Johnny R., Titus, Freddie, 2018-11-09 This title is an IGI Global Core Reference for 2019 as it provides solution oriented approaches to confronting confirming and mitigating perpetual disparities within the educational system Containing research from researchers across the U S this publication covers comprehensive research on access to education racial battle fatigue and mentoring programs Overcoming Challenges and Creating Opportunity for African American Male Students is an essential reference source that supports the development of more widespread solution oriented approaches to confronting confirming and mitigating any perpetual disparities that may exist among these students Featuring research on topics such as access to education racial battle fatigue and mentoring programs this book is ideally designed for administrators policymakers educators scholars researchers students and academicians seeking coverage on the many factors that influence African American male success in various educational contexts **The Gospel of**

Leadership Ryan Krupa, 2018-09-21 This book is an odyssey into the truth of leadership's nature and essence Written for aspiring leaders teachers of leaders and followers the aim is to practice awakening a leader's potential The book mirrors and reflects the inner nature of the leadership journey It is written in a contemplative style and uses dialogue to exercise a leader's will intelligence and spirit The techniques taught in these chapters are dialogue meditation and contemplation The author seeks to teach leaders how to exercise the power of will and the power of intelligence to make the kinetic chain of knowing willing and acting morally and intellectually strong Reading this book serves as a leadership development exercise This book is a teaching tool designed to demystify what takes place in the interior nature of a leader It examines a leader's soul as it is exercised and strengthened in preparation for the cardinal act of leading and it analyzes the act of making practical judgments an act that demands the cultivation of a discerning mind to see and know the truth to be acted upon Based on a true story these chapters are a reflection on the formation of a leader and a realization of twenty years of research The author studies the question What does it take to develop a leader Deliberations on eight years of guiding leaders on moral

and intellectual quests in search of true freedom are revealed The Coaching Leader Ian Day, 2025-09-25 The Coaching Leader Coaching Skills for Leading through Complexity sets out a new approach to leadership by synthesizing coaching skills leadership theory and practice This approach enables the Coaching Leader to make a crucial difference to individuals and organizations in the current socio economic climate This book details the why what and how of being a Coaching Leader and presents a business case for leadership which constantly evolves to match the needs of the context This book explores alternative leadership theories including adaptive leadership servant leadership and the humble leader Readers are given the tools to develop the mindset and skills to support practical approaches to leadership theories in the workplace and develop a reflective self awareness This book is ideal for those studying leadership or coaching at a postgraduate level MBA students or organizational leaders looking to improve their leadership skills for greater impact **18th European Conference on**

Management, Leadership and Governance Martin Rich, 2023-11-23 These proceedings represent the work of contributors to the 19th European Conference on Management Leadership and Governance ECMLG 2023 hosted by ACI and Bayes Business School City University of London UK on 23 24 November 2023 The Conference Chair is Dr Martin Rich from Bayes Business School City University of London UK ECMLG is now a well established event on the academic research calendar and now in its 19th year The key aim remains the opportunity for participants to share ideas and meet the people who hold them The scope of papers will ensure an interesting two days The subjects covered illustrate the wide range of topics that fall into this important and ever growing area of research The opening keynote presentation is given by Dr Jeffrey Ridley PhD FCG FIIA CIA on the topic of A lifetime of Management and Governance Learning A wish for you all The second day of the conference Keynote presentation is given by Professor Pumela Msweli University of South Africa on the topic of The Leadership Dance on a geopolitically entangled dance floor Towards Unitive Consciousness With an initial submission of 164 abstracts after the double blind peer review process there are 54 Academic Research papers 11 PhD Research papers 2 Masters Research papers and 2 work in progress papers published in these Conference Proceedings These papers represent research from China Czech Republic Czechia Egypt Finland France Germany Ghana Greece Hungary India Italy Kenya Macau Mexico Morocco Netherlands Norway Pakistan Peru Poland Portugal Romania Saudi Arabia Scotland Slovakia South Africa Spain Switzerland The Netherlands United Arab Emirates the UK and the USA From Ego to Excellence: The

Journey of Transpersonal Leadership Elisabeth Carrio, 2024-12-24 Dans un monde en constante volution le leadership traditionnel ne suffit plus Ce livre explore le concept r volutionnaire de leadership transpersonnel une approche qui int gre les intelligences rationnelle motionnelle spirituelle et corporelle pour cr er un leadership authentique thique et durable travers des recherches approfondies des tudes de cas r els et des outils pratiques Elisabeth Carrio guide les leaders vers une transformation personnelle et professionnelle D couvrez comment transcender les mod les traditionnels pour incarner un leadership align sur vos valeurs inspirer la collaboration et relever les d fis complexes du 21 si cle Ce livre est une ressource

essentielle pour les dirigeants gestionnaires et professionnels qui souhaitent développer leur potentiel renforcer leur impact et transformer leur organisation tout en restant fidèles à leurs convictions Points clés abordés L'intégration des intelligences rationnelle motionnelle spirituelle et corporelle La transition du leadership bas sur l'ego vers un leadership axé sur le sens et l'authenticité Des outils pratiques et exercices pour le développement personnel et professionnel Des études de cas inspirantes et des applications concrètes Rejoignez le mouvement pour un leadership transpersonnel et découvrez comment créer un impact significatif dans votre vie votre organisation et au-delà

The Handbook of Leadership Development Evaluation Kelly Hannum, Jennifer W. Martineau, Claire Reinelt, 2006-11-28 With the increase in the number of organizational leadership development programs there is a pressing need for evaluation to answer important questions improve practice and inform decisions The Handbook is a comprehensive resource filled with examples tools and the most innovative models and approaches designed to evaluate leadership development in a variety of settings It will help you answer the most common questions about leadership development efforts including What difference does leadership development make What development and support strategies work best to enhance leadership Is the time and money spent on leadership development worthwhile What outcomes can be expected from leadership development How can leadership development efforts be sustained

Leadership Craig E. Johnson, Michael Z. Hackman, 2018-01-26 Leadership A Communication Perspective has been at the forefront of university and college leadership courses for nearly three decades providing a compelling authoritative introduction to leadership as a communication based activity The new edition continues the tradition of excellence with an up to date treatment of theory and research combined with practical real world advice for improving communication competence and leadership effectiveness Relevant The authors profile contemporary leaders and organizations like Alibaba's Jack Ma Zappos Tony Hsieh Facebook's Sheryl Sandberg Uber The Container Store Airbnb Chipotle the Waffle House Nordstrom and Google Their presentation balances current scholarship and trends with historical perspectives to provide a fuller understanding of the study and practice of leadership Comprehensive Leadership and followership are examined in multiple contexts including organizational leadership public leadership and leadership in groups and teams Topics new to this edition include transcendent followership the leadership skills approach team coaching escalation of commitment invisible leadership cultural intelligence trigger events and resilience Full featured Self Assessments measure readers' perceptions of personal leadership skills communication style cultural intelligence motivation to lead and more Case Studies examine leadership situations and pose thoughtful questions that prompt students to apply their experiences and understandings Research Highlights summarize seminal and recent scholarship Chapter Takeaways reinforce important concepts and action steps Application Exercises offer abundant opportunities to explore practice and reflect on chapter content Cultural Connections discuss leadership expectations and behaviors in other cultures Leadership on the Big Screen correlates chapter concepts with the themes of popular films and documentaries A Competency-Based

Approach for Student Leadership Development Corey Seemiller, 2018-01-12 Looking to foster student leadership competency development With this volume you ll gain the latest research resources and tools to do just that There are many factors to consider when providing educational experiences that foster student leadership competency development But the process of designing facilitating and assessing these experiences to be both effective and meaningful can be elusive and challenging In this volume a variety of scholars offer diverse perspectives and nuanced expertise that address the following questions What leadership competencies are the most critical for students to develop How can we ensure students are ready to develop leadership competencies What instructional strategies and program design elements can we use to effectively enhance leadership competency development How do we help students and educators track and measure leadership competency learning and growth The Jossey Bass quarterly report series New Directions for Student Leadership explores leadership concepts and pedagogical topics of interest to high school and college leadership educators Issues are grounded in scholarship and feature practical applications and best practices in youth and adult leadership education

Psychosynthesis Leadership Coaching Aubyn Howard, 2020-12-29 Psychosynthesis Leadership Coaching responds to the call of coaches who want to be able to work with the whole person with the inner as well as the outer worlds and not just at rational and behavioural levels but at emotional and spiritual levels as well Psychosynthesis is unique amongst psychologies in the emphasis it places on self and will at the centre of human psychological functioning This holistic and integrative psychology provides the foundations for working with leaders in ways that respond to today s emergent crises Psychosynthesis coaching is an increasingly popular approach that is finding its way into the mainstream as a response to the needs of coaching to engage at depth with emotional content and in the transpersonal realm of meaning purpose and values This book introduces psychosynthesis coaching to a wider audience and provides a comprehensive guide to this approach for both coaches and leaders This book provides the context models methods skills and techniques for coaches to engage with their clients within the larger context of Self and Will alongside working on inner and outer agendas and goals of any description For coaches leaders and organisational practitioners alike this approach is also about coaching our inner leader knowing that this work always starts with ourselves

Honing Self-Awareness of Faculty and Future Business Leaders Payal Kumar, Tom Elwood Culham, Richard J. Major, Richard Peregoy, 2023-04-10 Honing Self Awareness of Faculty and Future Business Leaders emphasizes self awareness and management of emotions as a strong differentiator for generating student engagement well being and performance in complex and ambiguous societal and economic VUCA environments

Resources in Education, 2000-04

Handbook of Test Development Suzanne Lane, Mark R. Raymond, Thomas M. Haladyna, 2015-10-08 The second edition of the Handbook of Test Development provides graduate students and professionals with an up to date research oriented guide to the latest developments in the field Including thirty two chapters by well known scholars and practitioners it is divided into five sections covering the foundations of test development content definition item development

test design and form assembly and the processes of test administration documentation and evaluation Keenly aware of developments in the field since the publication of the first edition including changes in technology the evolution of psychometric theory and the increased demands for effective tests via educational policy the editors of this edition include new chapters on assessing noncognitive skills measuring growth and learning progressions automated item generation and test assembly and computerized scoring of constructed responses The volume also includes expanded coverage of performance testing validity fairness and numerous other topics Edited by Suzanne Lane Mark R Raymond and Thomas M Haladyna The Handbook of Test Development 2nd edition is based on the revised Standards for Educational and Psychological Testing and is appropriate for graduate courses and seminars that deal with test development and usage professional testing services and credentialing agencies state and local boards of education and academic libraries serving these groups

Better Leaders Ask Better Questions Lindsay Tighe, 2013-02-21 Join the new breed of leaders become a Potentialiser POTENTIALISER poa tena tia aa lia ser Meaning Releaser of amazingness in others Your team have more potential than you realise and the chances are that your current management style may be preventing this potential to ever come to the surface through one unconscious act Telling In this book you will discover how changing your approach by doing less telling and instead asking Better Questions you will become a POTENTIALISER and release the potential of your people and create a team that are more engaged empowered and fulfilled Suitable for Leaders at all levels this book will enhance your leadership style by learning How telling can be an inhibitor of potential How you need to redefine your role by changing your mindset Why Better Questions are so powerful How to ask Better Questions and release the potential in your team Some comments from people that have been trained to be Potentialisers I have been amazed that such a simple concept can lead to all sorts of wonderful outcomes At times being so busy it is quicker and easier to give the answer but I have found that by taking the time to ask questions instead of telling people have the opportunity to shine they amaze me and themselves Since changing my approach to asking rather than telling I have been really quite amazed by the changes in my team they seem more committed to their work and even happier in their roles

Experiential Exercises in the Classroom Mary K. Foster, Vicki Fairbanks Taylor, Jennie L. Walker, 2021-06-25 The definitive guide to creating and using experiential exercises in the classroom For anyone interested in continuously improving their teaching practice this book provides an overview of the theory and empirical evidence for active learning and the use of experiential exercises Using a prescriptive model and checklist for creating adapting or adopting experiential exercises in the classroom the authors demonstrate evidence based best practices for each step in the development and use of experiential exercises including tips worksheets and checklists to facilitate use of these practices

Leadership Theory John P. Dugan, Natasha T. Turman, Amy C. Barnes, 2017-01-27 The facilitator's guide brings to life the content of the survey text Leadership Theory It offers instructive advice on how to prepare for the use of a critical perspective as well as providing practical resources to translate survey text content to

practice The facilitator s guide consists of An overview of how to use the guide as well as recommended skills and reflection questions for educators prior to implementing material Objectives critical concepts a chapter overview and a chapter framework for each chapter from Leadership Theory Lesson plan walk throughs containing 2 3 activities for each chapter of the survey text with information for learning outcomes activity setup and additional notes for facilitation

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