

# REFLECTION SHEET

## Frame work area

- **Being a leader**
- **Working with others**
- **Getting things done**

## Element:

- 1  4
- 2  5
- 3  6

## Activity

- A
- B

After completing the activity, use this reflection exercise to enhance your learning. You can start in the action or reflection stage and work your way around the cycle once or twice to extract and embed your learning and new practice. You may wish to complete this straight after the activity, or at a later point after you have tried out new approaches etc.

<b>How can I use this learning?</b>	<b>What did I do?</b>
<b>How does this relate to what I already know? Theories, ideas or practices.</b>	<b>What did I learn? What did I feel and what did I think?</b>

