

Reflective Journal and Notes

name



Personal Development Made Easy

**A 5 Step Approach to Continuous
Personal and Professional Development**

INSPIRATION : EDUCATION : TRANSFORMATION

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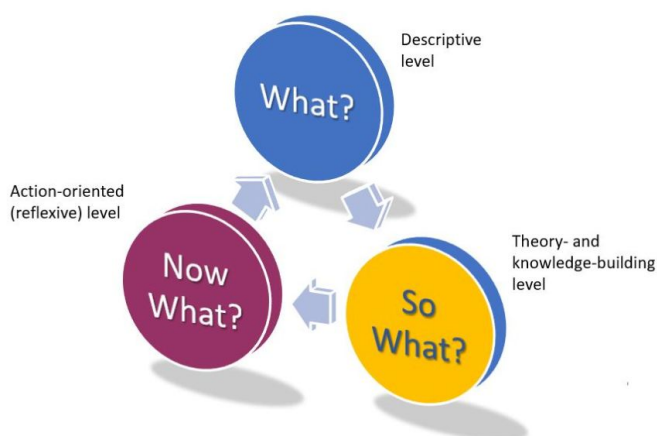
This Reflective Journal and Notes workbook has been put together for you to use whilst working through the **Maximising Your Coaching and Leadership Impact** Programme.

Use it in a way that really helps you. You are encouraged to go through the Reflective Practice Lesson (in the Welcome section) before starting to use this journal as it may help you think about how to use this resource so it is meaningful and impactful for you.

As a reminder here are 2 models you may wish to refer to...



Levels of reflection



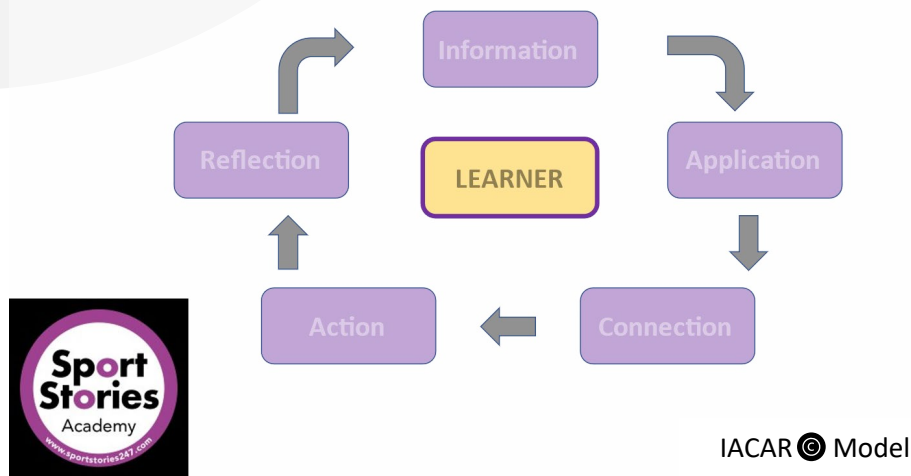
Rolfe, G., Freshwater, D., Jasper, M. (2001) Critical reflection in nursing and the helping professions: a user's guide. Basingstoke: Palgrave Macmillan.

This workbook is structured to support you work your way through the content of the Programme as well as provide you with flexibility to capture your learning and development along the way.

This is called a 'Programme of Learning' and not a course or workshop as it encourages you to access and engage with your learning at every opportunity available – each and every day! Traditionally learners have limited their learning opportunity of courses and workshops to what they do whilst on the course and workshop. This is missing out and many opportunities to practice, take risks, apply and learn. So, please use this workbook in a way that works for you and as regularly as possible.

Don't forget the IACAR model when thinking about your reflections, note taking and how this will help you to **Maximise your Coaching and Leadership Impact**

The Sport Stories Development Model is as follows



Notes

Understanding Yourself:

**Doubt kills
more dreams
than failure
ever will.**

**Sport
Stories**

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**“Everyone thinks of
changing the world, but no
one thinks of changing
himself”**

Leo Tolstoy



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**“A good head and a
good heart are always a
formidable
combination”**

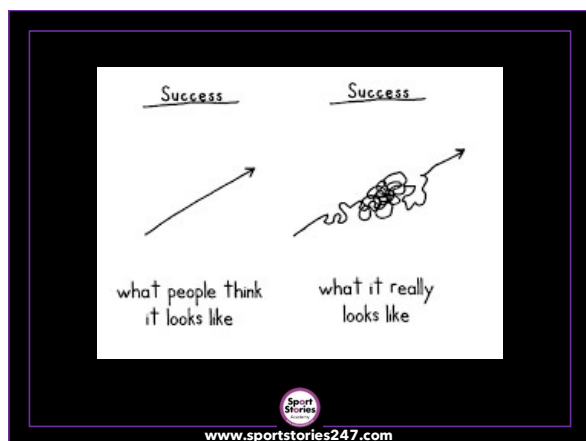
Nelson Mandela



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Interacting with Others:



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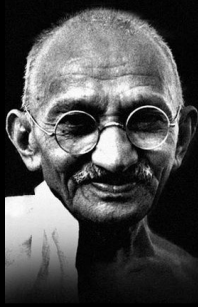
**“He who returns from a
journey is not the same
as he who left”**

Chinese Proverb



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Live as if you were to die tomorrow.
Learn as if you were to live forever.

-Mahatma Gandhi



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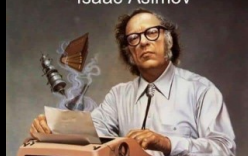


Leadership:



"Education isn't
something you can
finish"

- Isaac Asimov



Sport
Stories

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**“I start with the premise that
the function of leadership is to
produce more leaders , not
more followers”**

Ralph Nader



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Coaching:

It's not your job to fix me.
It's your job to hold my hand,
while I fix myself.

@7secretsofrelationships



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Sport Stories Academy



Teams:

**“A man who views the
world at 50 the same he
did at 20 has wasted 30
years of his life”**

Muhammad Ali



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Environment and Context

Experience is
the hardest kind
of teacher. It gives
you the test
first and the
lesson afterward.

- Oscar Wilde



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“A leader leads by example not
by force”
Sun Tzu



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We need to stop
just pulling people
out of the river.

We need to go
upstream and *find*
out *why they're*
falling in.

-Desmond Tutu



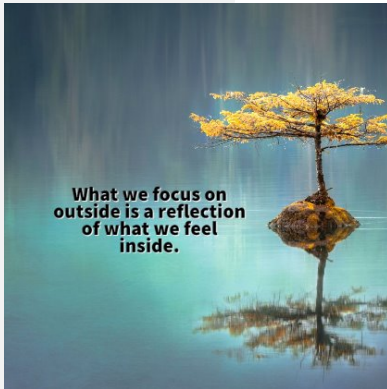
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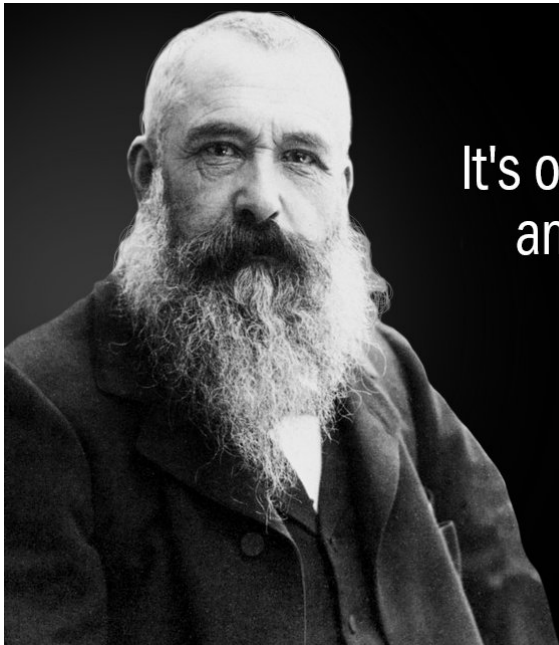
The Book Club



Name of topic or theme



Reflections



It's on the strength of observation
and reflection that one finds
a way. **So we must dig
and delve unceasingly.**

– *Claude Monet*

AZ QUOTES

Consider the following:

Why is reflection important to you?

How will you best reflect on your practice and learning?

How and when will you use this journal?

REFLECTIONS ON SPECIFIC LEARNING EVENTS OR TOPICS

Event/Topic:

What was the session about?:

What aspects really made sense to me & WHY?:

What aspects really 'landed' with me or inspired me to think or work differently and WHY?:

What didn't make sense or I didn't understand?:

What aspects didn't I agree with and WHY?:

What aspects I didn't enjoy and WHY?:

So what additional learning/research/reading do I need/want to do around this topic? What do I need to put on my Development Action Plan?:

So what will I do differently as a result of this session?

So what have I learned about myself as a result of these reflections?

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Here is a template you may use...

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Reflections to the Power of 3 (x3)

	Description	Reflection/Action	How know success and by when
1			
2			
3			

When you have identified a reflection and Note taking process that works for you and is becoming more of a habit then download the right documents form the templates provided. To make things easier some of the documents are fillable so you can complete then electronically. If you design your own tools and approaches – why not let me know and we can share with other learners.