

## Reflection & Appreciation Worksheets

### Part 1 - Review

What have I gained from being part of this peer group over the past year?  
Professionally...

Personally...

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## Part 2 - Reflect

Over the course of this experience, you and your fellow group members have worked closely together. Each of you has brought something special to the group. Take some time to reflect on what you have appreciated about each of your fellow group members and how each member of the group impacted your experience i.e. what did you learn from them, what did you take away from the experience, etc. and come in with some concrete feedback to each member. Example:

**Rather than:** *XXX. I really appreciated your jokes. You made me laugh.\**

**Make it concrete:** *XXX. I really appreciated how you brought humour into our group. You managed to lighten the mood and shifted our perspective on some negative situations. It made me realize that sometimes I take things too seriously and would benefit with lightening up a bit for myself and for my team. Thank you.\**

Member	What I appreciate about you is

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## Part 3 - Refocus and Renew

What goals will you focus on moving forward?

What behaviours/habits that you've learned through your group coaching experience are you committed to continuing?

What will you do to maintain momentum around your goals and progress?

## PLAYBOOK: WRAP UP SESSION

**Session Length: 80 minutes**

***5 minutes***

- Leader welcomes group.

***10 minutes***

- Group provides updates on one success and one learning since the last meeting.

***30 minutes, Group Appreciation – 5 minutes per person***

- Individual appreciation feedback.

***30 minutes, Group Reflection – 5 minutes per person***

- What did we gain from this experience personally?
- What did we gain from this experience professionally?

***5 minutes, Wrap up***