

# WOW Reflection

Writing a WOW reflection is a way to reflect on your interaction with the three SMART goals you set before your Leadership experience. We use the word ‘interaction’ because it does not matter to us whether you met your goal, or not, but it does matter that you took the time to reflect on the experience in a sincere and thoughtful manner.

Please make sure that you record 3 WOW reflections – one for each SMART goal that you set.

**What?** What happened exactly when you tried to carry out your goal? What did you do? Who else was involved? How did others respond? How did you react? Set the scene for us.

**sO what?** How does that make you feel? What is significant about it in relation to your Leadership experience?

**What next?** What would you do next time? How can you take what you learned from this experience and apply it to future leadership experiences?

## Exemplar from previous student

**Please note that this is a positive reflection but some of your most interesting reflections can be when you don't meet a goal so don't be afraid to record those moments too!**

### **Reflection for SMART goal #1:**

**What?**

My first goal for the Surf and Service trip was to motivate others while using all of the leadership skills I have learned. While surfing it was very important that the group stayed motivated and positive in order to fully enjoy the experience. Even though at times it was cold in the water and overcast weather, the entire group managed to stay positive by encouraging each other; it was a great positive environment to be in! I made sure to say some really positive comments to people when they succeeded. When someone wasn't succeeding, I tried to lift their mood by being friendly and giving them tips if they were receptive to it. I took time to mention how lucky I felt to be surfing and in such a beautiful place.

**sO what?**

This trip was a perfect time for me to try out my new leadership skills. I felt very comfortable around everyone and wasn't afraid to test this out. I believe that I successfully achieved this goal because the group was very positive the whole time and I felt that I was encouraging people to try new things and congratulating them when they succeeded. This goal was not only a goal of mine but many others; this created an incredibly supportive vibe! This was significant in my leadership journey because it started me out on a very good note and showed me that all of the leadership skills I learnt in the classroom could be applied in the real world.

**What next?**

I will take this learning experience and apply it in the future leadership opportunities by constantly motivating and encouraging those around me in whatever situations that are presented to me. From the field hockey pitch to the classroom, I plan on utilizing the skills I practiced on the Surf and Service trip.