Reflection

[Name of the Writer]

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At first, when I was informed that I would be undertaking this class, I felt this was unnecessary because I have a significant experience of different classes and workshops under my belt. However, after participating in this class made me feel that I have learned a lot about myself. Moreover, I improved my communication and working style through self-reflection.

**Part 1: Working Style**

My 5 dynamics revealed that I should work consciously during the Explore and Excite dynamics, while I glide through the Excite and Execute. From the looks of my report, I am highly adaptable to both of these dynamics (Walker, 2016). Maybe this is why I am chosen for different projects more often. Although I perform effortlessly in Excite and Execute, I find myself strongest in Excite style, whether it is personal life or professional life. I have two strengths that are compatible with the working style I have. My first strength is that I can both lead and cheer up my groups in any situation (Ailey et.al, 2015). The second strength that I have is that I can easily meet goals on tight deadlines.

There are some weaknesses of mine as I can become too controlling and too flexible. These weaknesses impede my working style. I am fully aware that if I do not work on my weaknesses I would easily lose the support of my team.

My strengths and weaknesses are the reason why I prefer working with colleagues with similar working styles. This course has made me realize that I can easily manage talent to complete a specific objective.

**Part 2: Communication**

According to the law of conversation, there are 4-different listening and talking modes; Pretense, Sincerity, Accuracy, and Authenticity (Walker, 2016). I witnessed the needle of the meter moving to and fro during the videos and thought how this analogy can fit when I was holding conversations with others (Ailey et.al, 2015).

The most appropriate example of pretense would be when my husband held a conversation on the phone with his son. My husband placed the phone on speaker mode and only replied to the son when he stopped by injecting phrases like “uh-oh” and “oh-really”. Since it was not face-to-face interaction; my husband did not express any feelings related to what the son was speaking about. At the same time, I feel that the son could not have managed a sincere reply (Ailey et.al, 2015). When I look back on the conversations of me and my father, I would place them in sincerity and accurate blocks. Although my father was brutally honest with me up, I am quite accurate in conversations with my daughter. Moreover, our conversations have an authentic feel to them. I would suggest to everyone that their conversations must be authentic (Walker, 2016). While I will work on my conversation skills so that my conversations revolve around value rather than waste.

**Part 3: Strategies**

While I have the skills to jot down notes quickly and can work efficiently in MS Word, I need to work on my organization, scheduling, and time-management skills. I have devised a plan to achieve these skills. I will use calendar and timely reminders to schedule a time for school and studies (Walker, 2016). I will try to study in a distraction-free environment. Moreover, I will manage my course work in a way that simpler course work will be covered at earliest while keeping the harder course work for later on. It is achievable by maintaining an outline of all the material of the course (Ailey et.al, 2015).

**Part 4: Assessment**

The exercises hold significant importance for me as they compelled me to interact which I would have evaded (Ailey et.al, 2015). I have a dull working environment at home which offers no human interaction. Moreover, live webcam sessions made me test my boundaries. As a result, I became distressed because I had to meet the challenge presented before me. As we were returning from an educational break, we all felt nervous when placed randomly in breakout sessions (Walker, 2016). However, I pledge to perform well under pressure. I will employ the knowledge gained to be a better student and a nurse supervisor. Moreover, I will use the law of conversations to further the cycle of value in both educational life and professional life.

**References**

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Walker, L. P. (2016). A bridge to success: A nursing student success strategies improvement course. *Journal of Nursing Education*, *55*(8), 450-453.