

Self-Reflection in Presenting a Workshop and Conducting an Interview

Reflection has been called the fourth “R” of basis education by Daniel Siegel, a psychiatrist at UCLA. In his book “*The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*” (2007), he writes, “Reflection is at the heart of both social and emotional intelligence, offering us the ability to be aware of our own internal states and those of others, so we can engage in life in a more flexible and compassionate way.”

Self-Reflection

1. Self-Awareness – neutral noticing – thoughts, feelings, wants, behavior
2. Self-Exploration – search for motives, attitudes, priorities, values
3. Self-Understanding – reasons, meaning
4. Self-Acceptance – non-judgmental perspective

Importance of Self-Reflection in:

1. Developing professional philosophy - What is yours?
2. Presenting Workshops – style, goals, satisfactions, difficulties
3. Conducting Interviews – interpersonal sensitivities, internal issues

Experiential

1. Professional Philosophy (beliefs about problems, personal growth, and change)
 - A. What is personally important to you that contributes to your philosophy?
 - B. Where might you have “blind spots?” (Johari Window)
2. Conducting an Interview
 - A. Initial – “Intake” – history, assessment – scope (sport, life), emphasis.
 - B. Ongoing - Style – questioning, paraphrasing, confronting; follow/lead.
 - C. Ending – Who initiates it? What criteria do you use?
 - D. What difficulties have you had or do you anticipate?
 - E. What reactions have you had to prior interviews (internal and external)?
3. Presenting a Workshop
 - A. Origin – invitation, assignment, self-initiated (purpose?).
 - B. What difficulties have you had or do you anticipate?
 - C. What reactions have you had to prior workshops (internal and external)?
 - D. How are you affected by 1) the setting? (local, regional, national, int'l); 2) the participants (other professionals, students, coaches, athletes, admin.).