

MODULE NAME: Professional career development

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OVERVIEW

In this paper, its aim is to reflect on a specific incident developing a situation and a context characterizing its significance and its likely impact on professional as well as personal development. In order to present a more holistic approach towards the incident, theories and models that have already been nicely developed will be borrowed in this reflection. What I have in mind as a case study was a group oriented focus in which engagement, cooperation and communication was made compulsory. Key definitions include experiential learning, as described by Kolb (1984), which emphasises the importance of learning by experience, and reflection, which is the act of evaluating experiences in order to learn insights from them.

Among the main topics this article will address are teamwork dynamics, emotional reactions during the project, performance reviews, and an examination of the experience's enabling and impeding elements. This is an overview of the topics I will be discussing about: The occurrence will be reported first, next to a description of what I was feeling and thinking at the time, a reflection of the experience, an evaluation of the aspects that led to the outcome, and the conclusion containing lessons learned and a plan to take action to make further improvement.

DESCRIPTION

The incident that I'm reflecting back on came during a group a task I worked on for class. Five members of the team worked on the project, and each of their duties included studying and discussing a topic relating to our topic of inquiry. Although our first meetings were positive, conflicts over expectations and work styles grew as deadlines came close. Our last presentation preparation was the height of the tensions, because a lack of consistency in our presentations caused mistakes and misunderstandings.

FEELINGS

I was a bit nervous as well as excited at that time. It was quite fascinating to think of collaborating with other teammates but later as the problems got out of control, I became

frustrated. At times, my opinion was in dissonance with the goal of the team and even my own abilities. Thinking retrospectively, the emotions which accompanied the ending of the project were associated with overbearing stress, but also with the lessons of patience and cooperation. Considering the difficulties, I discovered how essential it is to keep up composure and look for spaces for compromise with individuals. I learned from the situation that arguments are possible even in productive situations and that resolving them demands open communication and understanding. I have come to understand that annoyance might act as an excuse for personal development and growth in myself, motivating me to further develop my future working skills. Overall, even though the path was hard, it strengthened my commitment to work with people who work better.

EVALUATION

Assessing the project's implementation, I am inclined to say that the group factors influenced the outcomes to quite an extent. I might have contributed to the tensions by withdrawing in response to the pressure. Looking at the many challenges, it was still a plus that we were able to make our presentation and got positive comments on our work. On the other hand, Tuckman's stages of group development (1965) support my point of view about the possible improvement of the process – stronger collaboration among participants. Such structure defines the types of challenges teams encounter and how they progress through them.

ANALYSIS

The project was challenging for many different kinds of issues. Our potential to operate effectively together was limited by confusing responsibilities and roles. When I evaluated myself to the study, I saw that communicating effectively is frequently mentioned as an important part of successful collaboration (Hackman & Katz, 2010). We may have avoided misunderstandings and created a more positive attitude if we provided clearer rules for communication beforehand. We could have avoided misunderstandings if we had set up roles and clear rules for interaction early on. Everyone would have felt more comfortable expressing their thoughts if there had been straightforward rules for when as well as how to communicate. Regular updates would have made it simpler on us to follow the situation while tackling challenges. Everyone would have been aware of responsibilities and due deadlines if shared documents and other strategies had been used. I learned from this experience how important it is for teammates to interact well, and I plan to emphasize this in the following group projects to further develop teamwork.

CONCLUSION

By providing the situation some reflection, I see that I might have communicated to my partners more forcefully while setting stronger demands. I became mindful of the worth of open discussion and the need for flexible management in situations involving groups. I would set considerable emphasis on creating a clear structure for communications and input in future group plans. I want to improve my conflict management skills through focused education and classes with the goal of remaining away from such challenges.

ACTION PLAN

I intend to attend training on resolution of disputes and effective communication, clearly lay out my roles and responsibilities at the beginning of each project, and suggest regular check-in meetings with others in order to improve my collaborative skills for next projects. I'll also keep an observation document to evaluate my experiences and identify areas where I may improve. Most definitely by taking these actions, I will be able to work with others more efficiently and handle difficulties in situations that involve groups.

SPECIFIC	MEASURABLE	ATTAINABLE	RELEVANT	TIME-BOUND
Engage in an activity which promotes teamwork and good communication . This might include indirect interaction, helpful	Within the next academic year, finish a minimum single exercise, and in future discussions, use a minimum of four of the fresh	Research into the training sessions that are provided at my institution of learning or in the area. I may turn to a learning assistance	Communicating effectively is important to managing teamwork, avoiding misunderstandings and developing an environment	For the chance to attend before the quarter completes set up for the training course by the completion of the current month. I'm

criticism, and paying attention.	approaches to communication .	center or educational services for ideas.	that encourages cooperation. I am capable to creating a happier collaboration by developing these skills.	going to consider the skills gained from this experience and how I can use these immediately for my future group project.
At the very start of group projects, provide a clear structure that explains the responsibilities and roles for everyone involved. Each individual's tasks, deadlines, and expectations for communication will be provided in this structure.	Apply this format in at least two future group activities to measure its usefulness. I will collect information from team individuals on its accessibility and usefulness following each project.	By checking over examples online and using lessons gained from previous experiences, I can build this structure. To boost it, I am able to speak about it with others.	Responsibilities that are clearly stated will enhance team responsibility and understanding, which will increase teamwork and outcomes of the project.	Over the next period of time, create the structure, and in a matter of weeks, apply it for the next group assignment. During the initial conversation, I intend to make sure that everyone is mindful and has knowledge of their responsibilities.
Take a course online or read an academic text on resolution of disputes tactics, which might include strategies which includes methods for problem-solving, negotiations and settlement.	Completing the training or literature and gather the key findings into a report to which I can pass on to my others or apply as an example for potential and future discussions.	The training can be completed when compared to my other responsibilities because I can set out time every other week to go over a portion or accomplish a particular module.	Having an improved awareness of how to handle conflicts will help me handle issues before they get deeper, which could enhance the atmosphere in groups and discussions.	Try completing the assignment or literature during the month that follows. In order to maintain myself on track, I'll set periodic goals like memorizing a particular section or a module.

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