

Leading in Action

Reflective Diary

2017/18

Name: Georgia Boyle

Student number: P150666





Tasks:

Task One:

Using the reflective models and models of teamwork you need to reflect on how the activities undertaken, critically evaluate your role in that activity, how well you worked as a team and your leadership skills.

You need to apply the theories discussed and any other theories you wish to use. Make sure you Harvard reference.

Use this electronic version of the diary to submit your reflective writing.

Task Two:

You need to keep a reflective diary of your fitness. There are 20 fitness sessions per semester, 50% of the mark is attendance for

all of those sessions. The diary is a record and evidence that you attended these sessions.

In the diary you will need to reflect on your performance, what level you started at, how has your fitness changed and developed during the year.

You will need to show the use of reflective theory in your answers.

Record all your entries in this electronic diary and submit through turnitin by 18th May 2018.

Outdoor Session One:

Activity: Bush Craft

Performance Evaluation:

On arrival, me and my fellow students were met by our instructor for the day. We then picked up and were provided with the equipment needed for our activities. Me and my team mates then carried these pieces of equipment with us whilst we walked a long distance path. Along the journey to the destination, the instructor gave us some food advice in order to survive in the wilderness, he picked up a few plants and told us which ones were edible for human consumption and which ones were not. Then we finally reached the intended destination. (Reflective Writing, 2012)

The first task was for us all to stand on a sheet that our instructor had placed on the ground. When stood on the sheet he instructed us to flip the sheet the other way, without any of us stepping or falling off the sheet. Leanne (a group member), in Belbin's words, acted as the team implementer. Leanne found us a way of completing the task by working out an efficient strategy. We all had to work together in order for this strategy to work, by moving around the sheet in certain areas, until finally the sheet was completely turned over. In this task I was allocated the role of team worker, helping the team to gel, identifying what work needed to be done and completing the work on behalf of the team. (The Nine Belbin Team Roles, 2018)

Task two was to build a small house/hut out of string the instructor provided us with and any branches and sticks we found in the woodland. For this task we were split into two teams and were set a time limit of 30 minutes to complete it. My team members included Megan Matthews, Iwan Bond, Jonathan Griffiths, Anthony Hughes and Amy Sadler. After completing the task, our instructor got everyone to sit inside their huts and poured water on top of the roofs. It was a test to see how waterproof the shelters are in case any of us end up in a isolated and desperate situation, where we would need to build our own shelter. My team and myself came out slightly wet from the poured water, our shelter lost the competition against the other competing team. In this task I was allocated the role of the complete finisher, I scrutinised areas we needed to change, directing the team on where we needed to improve the

shelter and I ensured the shelter was finished to the highest standard possible. (Reflective Writing, 2012)

To finish off the day, all group members and myself we taught how to get fire started in order to roast marshmallows, which were kindly provided by the instructor. We attempted this by utilising equipment given to us. I did not attempt to make a fire however, but that was due to only having two pieces of equipment in order to do this and everybody wanted a turn and we eventually ran out of time. (Reflective Writing, 2012)

Throughout the day, I thoroughly enjoyed learning something new and different from what I previously experienced last year in Llandysul. Having a change, with new scenery and a different activity made the day more interesting for me and for this reason I was more eager to complete the tasks to a higher standard than at Llandysul. For me I felt more enjoyment, although on the day the weather was bitterly cold and slightly windy and I personally do not deal well with cold winter conditions. I was freezing, but for the most part that did not hinder my time experiencing the bush craft activity, except for near the end of the day, by that time I did start to get fed up of being cold and slightly damp. (Reflective Writing, 2012)

My performance on these tasks has some good points, but there is also some areas I need to improve upon. I would say I worked well with my team members, I communicated well with them and when we built the shelter I got involved and played the complete-finisher role well. I helped try and improve areas of the shelter so it was completed to the highest standard possible. My negative or bad points about my performance would be not getting involved as much with trying to start a fire in the third and final task. We ran out of time and everyone was trying to use the limited fire-starting equipment to produce a fire, but I feel as though I could of put myself out there more and try to be more forward. I should of let my group members know that I wanted to try the fire-starting activity. I think this comes down to a lack of self-confidence and belief that I could actually complete the fire-starting task.

My action plan for the future would to:

- Try and be more outspoken – to let others know if I want to try an activity, like the fire-starting task etc.

- Try and built my self-confidence, this will enable me to be more outspoken.
- Buy more thermal clothing, in order to help me work better in cold conditions.

(Reflective Writing, 2012)

Outdoor Session Two:

Activity: Body Boarding

My second outdoor session in Rhosili was bodyboarding. We started off the activity by the instructor showing myself and the team the proper and most stable way to use our bodyboards, outside the water, on the sand, before entering the water. After a few quick demonstrations and myself and the team practicing, we finally entered the water. The sea was bitterly cold, the wind was blowing a gale and my limbs were freezing. I did the body boarding for about 45 minutes before my body became stiff and unable to function in the cold conditions. I do not normally like the sea either, I am not a big lover of sea life and these factors led to me having get out of the water and sit inside a tent that was provided by the instructor, in order to keep warm. I felt numb, cold and miserable in the aftermath of this activity. If I could cope better with the freezing conditions I feel as though I would of enjoyed the activity more.

(Reflective Writing, 2012)

My good points about taking part in this activity was that I actually got into the sea, despite my fear of the sea and sea life. I lasted a good 45 minutes being in an uncomfortable situation for me, which I think shows my determination to give the task 100% effort. Although I gave the task 100% effort, I feel slightly disappointed that I had to end up getting out and sitting in the tent for warmth and comfort. I really struggle with freezing conditions and yet again this task has ended in me not performing to the best of my ability due to this issue. I also felt that because I was miserable due to being cold and uncomfortable this brought the teams momentum and mood to a low level.

Action Plan for next time:

- Buy suitable clothing for hands and feet, so they do not get cold whilst in the water.

- Try not to let my feelings (Cause I am cold etc) effect and destroy team momentum
- Try and push past my negative feelings and put the team first

(Reflective Writing, 2012)

Outdoor Session Three:

Activity: Coasteering

My third activity whilst at Rhosili was coasteering. This activity started off by myself and my group members walking down to the sea near cliff edges that contained rocky pathways down to our sea destination. I was then helped into the water by the instructor. I had a swim with my other group members, which then escalated into myself and other team members jumping off a nearby rock into the sea. The instructors then instructed the group to swim across to some caves, I swam over and lifted myself out using nearby rocks for leverage. I then started to explore the cave I found myself in. After some exploring and a bit of a rest, I got back in the water with my team members, and then proceeded to swim diagonally over to some rocks, where again myself and my team members jumped off the rocks into the water. After jumping in the water, I got back out the water, lifting myself back onto the same rocks I previously just jumped off, and then I proceeded to follow my team and instructor to an even higher set of rocks. Some group members jumped off, but I do not like heights and the size of this jump was too much for myself to handle. So I decided not to jump this one. (Reflective Writing, 2012)

Although I personally did not jump, I tried to encourage others to do so to help them build their own self-belief and confidence. In the words of Belbin, I played the team role of team shaper, as I demonstrated to the team and encouraged them to overcome fears and obstacles. This encouragement to others helped the team maintain the momentum we had acquired. (The Nine Belbin Team Roles, 2018)

Afterwards, we headed back up to the changing rooms, but in order to do this we had to climb up the face of a cliff without any harnesses etc. This made me feel terrified and slightly unsafe. I do not like big heights, so I felt really uneasy, unsteady and extremely uncomfortable. Throughout the rest of my day, my hands and feet felt slightly cold due to the cold water. But apart from that I

really enjoyed taking part in new challenge and activity. I've never done coasteering before, so trying a new experience and testing my heights phobia was a good challenge to be a part of. (Reflective Writing, 2012)

My performance on this task has some good points, but there is also some areas I need to improve upon. My good points included taking part in the majority of the activity, I do not like heights and I am also not a big lover of the sea and sea life, so pushing myself to take part, actually get in the sea and even jump off some of the rocks was a big achievement for me. I encouraged my team members well, helping them feel confident about jumping off the rocks. But I wish I pushed myself that little bit further to jump off the last rock myself, which was the highest rock to jump off during the activity. If I put the same amount of effort into encouraging myself like I did with encouraging others, I am confident I could overcome any obstacle.

Action plan for next time:

- Buy suitable clothing for hands and feet, so they do not get cold whilst in the water. (Like with the bodyboarding)
- Try and encourage myself more, like I encourage others.
- Push myself that little bit further, in order to overcome my fears.

(Reflective Writing, 2012)

Outdoor Session Four:

Activity: Coastal Walk

For my fourth and final activity I attended the coastal walk. This activity involved myself and my team members having to read a map, in order to follow the correct coastal trail. As a team we took in turns using the map, the map reading was a vital part of this task as we used it to pinpoint our position and then using it to pinpoint our intended destination. Whoever had the map had also the responsibility of leading the whole entire group at that time. When it was my turn to hold the map I had to ensure everyone stayed compact and together and I had to encourage team members too. It was really windy which made it hard to be heard when leading and also hard to listen to

instruction when others were leading. This made it extremely difficult to communicate effectively. (Reflective Writing, 2012)

So, in solution to this issue I adapted the roles, in Belbin's eyes, the implementer and shaper. I played the role as shaper by providing the drive the team needed to ensure the team kept moving and did not lose the momentum, I encouraged everyone well by trying to be as up-beat as possible. I also played the role of implementer by working out a workable plan and strategy and then implement it effectively. I did this by working out a plan to overcome the wind situation. I made sure I spoke with individual groups within the team to make sure they understood and heard what I had to say properly and clearly. (The Nine Belbin Team Roles, 2018)

Throughout this activity I felt slightly anxious by taking up the leader role, which I do not usually do. Plus I hate heights and cold conditional weather. So by the end of the task I felt slightly fed up and ready for home. But by changing my self-talk slightly from last time, I recognised that through the majority of the task I felt more self-confidence and I felt so proud of myself for putting myself forward and nominating myself for team leader, even if it was just for a little while. (Reflective Writing, 2012)

I think my good points included me putting myself forward and actually nominating to be team leader first. This is a huge improvement from previous tasks. I implemented my plan and strategy well when faced with a communication obstacle, and I made sure the team stayed focussed and made sure they did not lose momentum. On a negative side, I should of brought more suitable footwear as it also started raining halfway through the walk. My feet got soaking wet, resulting in my toes going numb and cold. I also hate heights and cold conditions, so this did impact on my mood levels a little bit.

Action Plan:

- Bring suitable footwear for walking
- Maintain the positive self-talk to ensure my self-confidence resulting in me participating more
- Try and overcome my fear of heights or not let it effect my mood so much.

(Reflective Writing, 2012)

Fitness Diary

Date: 2/10/2017

Activity: High Intensity Training- Various exercises including sit ups, star jumps, press ups, high knees and squats. These exercises were repeated four times each.

Evaluating performance- Throughout the activity I noticed my fitness levels were not up to scratch. This was probably due to this being my first fitness session in a while. Over the summer holidays I had become rather lazy and decided to enjoy my holidays a little bit too much, instead of attending my local gym. After attending this session I have realised I need to start attending my local gym again, so I can get back to my normal fitness levels. Getting back to these fitness levels is important so I can reach my intended goal of getting into the police service. A few days after this session I was still aching, as my muscles have not been worked this hard in a very long time, resulting in them being stiff and my body hurting a lot.

Action Plan: My action plan for the future would be to attend my local gym more regularly to get back to my normal fitness levels, and get out of my lazy-holiday mode in order to achieve police entry success after I graduate from university.

Date: 16/10/2017

Activity: Bleep Test

Evaluating performance: After completing this activity I reached a score of 5.7. I was really pleased with this result, as 5.7 is the score you need to reach so you can pass the police entry test. I was also pleased with this result as I thought my fitness levels were not good enough after the last fitness session,

but if I am still reaching 5.7 on the bleep test then my dipped fitness levels have not interfered with me reaching my intended goal of gaining police employment. Although, I still feel as though I would like to improve more because my score is a borderline pass, if I improve further I will feel more confident and more sure I will pass when taking the bleep test when applying for the police service. Whereas if I do not improve and stay on that borderline pass range, then there is a chance I could fail. Last year my score was also slightly higher at 6.5, so I would also like to get back the fitness levels I had previously. After taking the test I felt good and I felt the running actually destressed my body. During this time period I had a lot of stressful events happening in my personal life, this exercise helped me relief some of the built up stress I had stored in my body. I do not think it was a good idea for our fitness sessions to be held straight after lunch, as I got big stitch halfway through participating in the exercise.

Action Plan: My action plan for the future would be to try and take more bleep tests in my own private gym time. This will help me improve my score, which will also mean my cardiovascular fitness will also improve and therefore providing me with the confidence and ability to pass any future police entry bleep test. I will also not eat such a heavy lunch before fitness, this will ensure I do not get any stiches throughout any fitness activity I participate in.

Date: 23/10/2017

Activity: High Intensity Training with weights- Various exercises with weights including sit ups, the plank, press ups and squats. These exercises were repeated four times each.

Evaluating Performance: For sit ups, the plank, press ups and squats etc I only used 2kg weights. This is a less heavier weight than what I used last year for these exercises. Last year I was using 3kg weights. I have always struggled with using weights during exercising due to my lack of arm muscle and strength. I feel as though this is an area I need to improve upon, even when I was using the 3kg weight I thought I should further improve my arm muscle and strength. I did not find using the 2kg weight too hard or too easy, it felt just right. I also had 3kg weights nearby, in case I wanted to have more of a challenge, but the 2kg was a perfect fit for my body this time round.

Action Plan: My plan for the future is to try and challenge my body a little bit more when it comes to using weights. Next time I would like to push myself a

bit further and use 3kg weights instead 2kg, which will kickstart my arm muscle and strength progression.

Date: 30/10/17

Activity: High Intensity Training with weights- Various exercises with weights including sit ups, the plank, press ups and squats. These exercises were repeated four times each.

Evaluating Performance- I have previously stated that I have always struggled with using weights, due to lack of arm muscle and strength. This is obviously still the case, but this time round one week on from using 2kg weights I decided to push myself and use the 3kg weights to see how my body would cope. I coped 30 minutes (halfway through the session) using the 3kg weights and for the remaining 30 minutes I had to go back to 2kg. I was a slightly disappointed I could not last the entire hour using 3kg, but lasting 30 minutes was a good achievement and a step up from last weeks session. If I keep pushing my myself then progression can only occur.

Action Plan: To improve further in the future I need to challenge myself harder and try and last 1 whole hour using 3kg weights.

Date: 06/11/17

Activity: Bleep Test With Weights.

Evaluating performance: As stated before I struggle with weight lifting, so this activity was not my favourite. When you have weight and cardiovascular training together it makes carrying out that activity a lot harder to do and I really struggled with it. My end results were 5.7 with 3kg. I was happy with my end result, i pushed my body to the limit. A score of 5.7 is normal for me, but when you consider I had to carry 3kg whilst doing this bleep test, then the result seems a whole lot better.

Action Plan: Next time, I would like to try and complete a score of 6.5 with 3kg weight to start the process of progression.

Date: 13/11/2017

Activity: Dodgeball

Evaluating Performance: I really enjoy playing dodgeball, it helps build my anaerobic fitness, coordination skills and maintain good balance. However, I get really competitive whilst carrying out this activity, meaning I think about

winning above everything else. Due to this competitiveness, I tend to lack team work ability as I think about myself rather than the team and a breakdown in communication then occurs, resulting in the team not doing so well.

Action Plan: Try and put my competitive nature to better use, put the team first and communicate effectively with the team in order to gain better results.

Date: 20/11/2017

Activity: Zumba

Evaluating Performance: I really enjoy doing Zumba during our fitness sessions, as it I believe it is really a beneficial workout for me. During this exercise I am constantly moving and working out a lot of muscles, whilst at the same time enjoying the good taste in music and enjoying having a laugh and bogey with my classmates.

Action Plan: I should take more Zumba classes outside of university, it will help my overall fitness and it is also very enjoyable.

Date: 27/11/17

Activity: Team Building Activities

Evaluating performance: In this exercise we were split into teams and carried out various team building exercises. I thought this exercise was really helpful in getting to know other peers on a more personal level and building new relationships with others. It also helped build my communication and team building skills. I am quite a shy character and after an anxious start to this activity, eventually I come out of my shell a little bit more and really enjoyed getting to know new people, developing my team building and communication skills further. I find it very hard to communicate effectively and build new relationships outside of my friendship group because I have missed a lot of classes this semester, so having a team building exercise was really beneficial in that respect for myself.

Action Plan: Next year, I need to turn up to more lectures and sessions in order to build effective working relationships with other peers. Thus, resulting in better results when carrying out physical exercises in a team working environment e.g. dodgeball.

Date: 22/02/18

Activity: Bleep test

Evaluating Performance: Since the last bleep test, I have implemented my action plan and have seen positive results. I have carried out my own bleep tests at my local leisure centre, I have done this to further improve my cardiovascular fitness and be prepared for any bleep test the police will throw at me when I apply. I also ate a lighter lunch than last time, to ensure I did not get any stitches halfway through the exercise. In this specific bleep test I scored 6.8. I was really pleased with the result I achieved and I believe my action plan contributed to my success.

Action Plan: Continue with my previous action plan in order to maintain and further improve my bleep test score.

Date: 22/03/18

Activity: High Intensity Training with weights- Various exercises with weights including sit ups, the plank, press ups and squats. These exercises were repeated four times each.

Evaluating Performance: Last time I carried out this activity I used 2kg weights, but this time I stuck to my action plan and I carried out the exercises with 3kg weights instead of 2kg weights. I really pleased I was able to push my body to its limit, as I felt the benefits of it afterwards. I felt as though I worked out well, I sweated and I ached in the aftermath of this activity, which in my eyes means I gave it 100%.

Action Plan: Continue improving my arm muscle and strength by doing some weight training in my own personal gym time, so in future gym classes in university I can keep upping my weights during these exercises. This will also help me gain entry into the police, as they have a push and pull test during the fitness examination stage.

Fitness Conclusion

To conclude my fitness diary I would say at the start of the year I had a lot to work on, a lot of goals I wanted to achieve and over the course of the year I have improved significantly on few aspects. At the start of the semester I wanted to improve my fitness levels after having a few months off during the summer holidays, the first session was really difficult to get back into the swing of things and having regular fitness sessions each week. I set myself the goal of improving my overall fitness levels and by the results I had from both weight and cardiovascular type training, I feel as though both of those have improved resulting in my overall fitness also improving further. After the first bleep test, I had a result of 5.7 which I was really pleased with as it would mean I would gain access to police employment, 5.7 is the pass score for the police. After receiving this score I wanted to challenge myself further and build upon this score, as it was only a borderline pass for police entry. In my final bleep test for this academic year I achieved 6.8, meaning I have achieved my goal of improving my bleep test score. At the start of the year, I also struggled with my arm muscle and strength a lot and it was something I really wanted to focus on improving. I started the year using 2kg weights and ended the year using 3kg weights, not a massive improvement but still an improvement and I think I am heading in the right direction, and on course to be using 4kg by next semester. My team building skills was another aspect I wanted to work on, unfortunately some circumstances in my personal life has led to me being absent a lot this academic year, resulting in myself not being able to form good relationships with my peers. Although that team building exercise we carried out was helpful, I don't think it significantly improved my building skills. Building good bonds

and connections takes a while to form. This is an aspect I should hopefully look to improve upon next year.

References

Williams. K et al, 2012, Reflective Writing Pocket Study Skills- book

The Nine Belbin Team Roles, 2018- Online- Available at-

<http://www.belbin.com/about/belbin-team-roles/> Accessed 17/05/18