

My Reflection

Introduction

“reflection is the process of exploring and examining ourselves, our perspectives, attributes, experiences and actions/interactions. It helps us gain insight and see how to move forward”. (institute for academic development).

Gibbs reflective cycle is a popular model for reflection, which was developed by Graham Gibbs in 1988. According to Gibbs individuals learn from experiences, his reflective cycle encourages people to think broadly about experiences they faced in a situation, activity or event. Gibbs cycle consists of 6 stages; 1. Description, 2. feelings, 3. Evaluation, 4. analysis, 5. conclusion ,6. Action plan. (mindtool 2019). (refer to appendix 1).

Working as a group

For creating the poster as a group, we worked extremely well, communicated effectively through WhatsApp and group meetings in library. My team members were motivated, passionate and creative towards designing the poster. We have put a lot of effort and being committed, confident to win the challenge. Moreover, we presented effective teamwork; supported and helped each other if we were unsure about the task. Also, we did not have conflicts as we agreed, understood each other's point of view, therefore different mixture of behaviours combined to perform successful teamwork. According to Meredith Belbin, most effective teams have a good mix of different personality types. (Mullins 2008, p241).

My contributions to the group task

My contribution towards creating the poster was I came up with the concept of shopping trolleys as it was relevant to my organisation (Tesco) for designing the poster. I covered the main points of organisations values, beliefs and attitudes, with concluding with critical thinking RED model theory, researched Tesco's strengths, weakness and references that was also covered in the task. In addition, for putting the poster together we all gathered in library, I contributed towards stationaries and food. Also, decision making, helping and motivating team members reassuring that it will be fine. Overall, we all equally contributed for providing essentials needed for the poster.

Effective teamwork leads whole team to motivate towards the same goal in harmony. (Wehbe2017).

As a team we did exceptionally well, our poster was the best, it was visually appealing, clear. And different unusual concept, and experimental; we did not know if it would work and took a risk and won the challenge. All our hardwork reflected through our poster. Our tutor Julie gave us great feedback she said, 'it was by far the best in class'. moreover, confirmed we covered the task thoroughly and presented our team the award.

The strengths of our poster are that it is unique and different from other group posters. It was book cover, furthermore We highlighted the main points of the organisations: it was knowledgeable, attractive, colourful, innovative, descriptive, informative simple layout easy to understand.

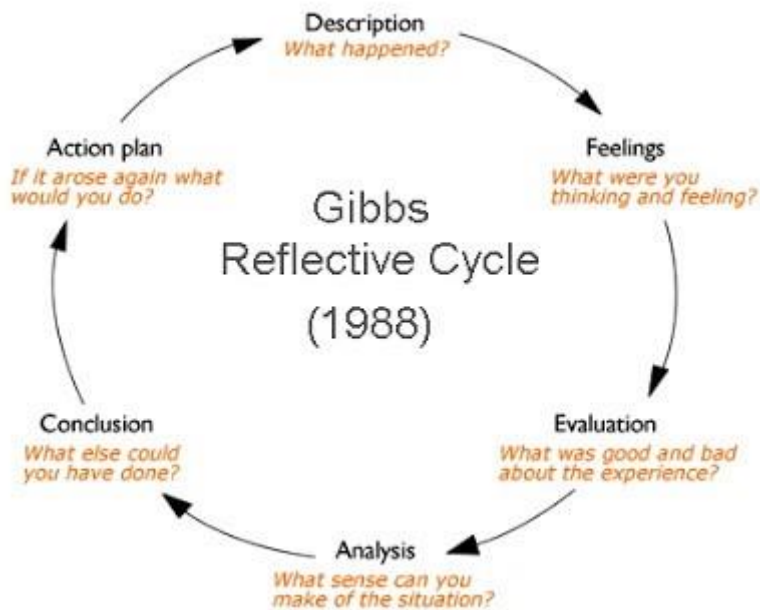
In comparison to other groups members our poster covered all the task points, attractive, colourful and easy to understand. Everyone did put lot of effort in this task. Out of all the other groups I preferred Tariqul team's poster because it was visual appealing, informative and descriptive.

Conclusion

Reflection is a lifelong strategy by reflecting on your experiences, it enhances personal development by leading self-awareness, and how you can do things differently next time.

This achievement has motivated me build my confidence level, I will continue to be motivated compete future task challenges.

Appendix 1 Gibbs reflective cycle



Reference list

Mullins.J.L,(2008), second edition ,Essentials of organisational Behaviour, pearson education limited, London.

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Wehbe.S,(2017) potential.com, *5 important reasons why teamwork matters*, (online) available at <https://www.potential.com/articles/5-important-reasons-why-teamwork-matters/> .(date accessed on 22/03/10).