

Reflection based on Rolfe et al framework

What? (a description of the event)

What happened? What did I learn? What did others do? What did I feel? What was I trying to achieve? What were the results? What was good or bad about the experience? What was effective about the learning experience? What contributions did I make to the class?

A few month ago . i decided to report the company i work for ,for wrongdoings. I was nervous because i wasn't sure what will happening to my life after this as being my first job since i came to UK so i didn't know how i will adapt to a new life as i was confrunting a organisation which i work for many years,and also being very influent employers i was't scared facing them. As a result of it i have been dismissed ,but in my mind it is the fact that i helped the residents living with dementia and they are living a good life now. The bad part of this experience it was that i was suspended unfairly,and treated unfairly as me due to raising concerns,but the good part it was that i stepped out and confrunt them.

So, what? (an analysis of the event)

So, what is the importance of this? So, what more do I need to research about this? So, what have I learned about this? So, what does this imply for me? So, what does this benefit me in my professional career?

During the few weeks of suspension ,i felt isolated and overwhelmed,but i didn't give up.However,over time,i learned how to manage my emotions and became more stronger as i noticed my powers. I also realized that change,though difficult,often brings

opportunities and growth. I discovered new skills such as emotions management and situation which open my life on what to do in the future and how to manage situations .

Now what? (proposes a way forwards following the event)

Now what will I do? Now what could I do? Now what would be the best thing to do with what I learned? Now what will I do differently next time? Now what will I implement in my professional development?

Looking ahead,i will approach challenges with more confidence and patience ,knowing that growth often takes time. I will also actively seek out new opportunities to show and to encourage people to do what i did,as i now understand embracing change can lead to personal growth and new opportunities. I am proud of me as 2024 changed me and offered me lots of knowledge regarding my rights at work and how to manage situations.