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REFLECTION ESSAY ON THE GROUP PRESENTATION

ASSESSMENT 2 (PART 2)

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1.INTRODUCTION

This essay will reflect on the presentation about Organisational Structure for Tesco PLT which was a group presentation format by five members which I do for the first part at this assignment. 'Reflection is an important human activity in which people recapture their experience, think about it, mull it over and evaluate it.'(Boud, Keogh and Walker, 1985,pp. 19).

Model of reflection choose for me to use to reflect on my presentation helping to improve for next time will be Kolb's Experimental Learning Model. Brookfield (2017) highlights how crucial it is to include other people's viewpoints in addition to our own while analysing and learning from our practise.

2.KOLB'S MODEL OF REPLECTION

Making meaning of new experiences is a requirement of Kolb's experiential learning cycle, which emphasises self-experience and discovery. It is composed of four main components: a tangible experience at the beginning of the cycle, followed by the application of learning in a different setting at the end. (Kolb, 2015) Active exploration, abstract conceptualization, reflective observation, and hands-on experience are all components of learning. Having a concrete experience is participating in the event, thinking back on it, interpreting it, and assessing how it will affect practise going forward(Kolb's, 2015).

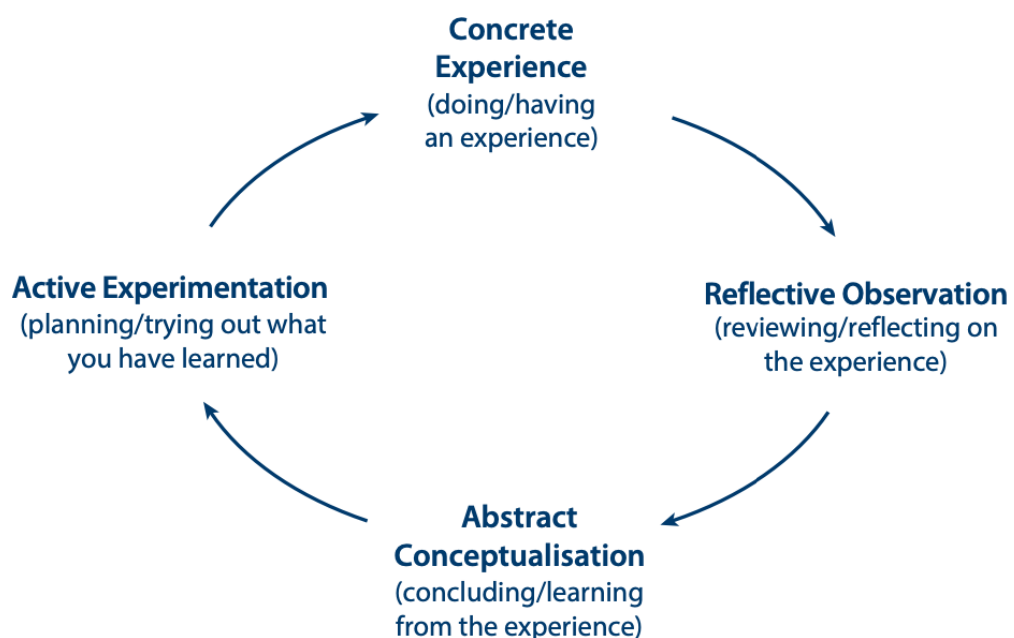


Figure 1 Kolb's Experiential Learning Cycle

Bassot, (2020).

a. CONCRETE EXPERIENCE

I had prepared a good presentation trying to give more information possible, wearing the uniform keeping some note if in case I some difficulties have to not be stack at that point, but I was so nervous that I delivered it in a different and disorganised manner then I was imagining doing it, which disappointed the lecturers, colleagues, and me. At some point my vision was go blurred, the leg glued in that place, and I lost the confidence from the beginning . Not was all the format of the slides was coming just in half on the screen, the slides do not have my name and surname what I send initially.

b. REFLECTIVE OBSERVATION

Upon reflection, several factors contributed to the poor performance. Firstly, I realized that despite my extensive preparation, I had not practiced my delivery enough, having a hard time I sleep just some hours at night in the last time my body and brain was too tired to control all those reactions. As a result, I was unable to maintain a confident and engaging presence during the presentation. Additionally, my anxiety affected my ability to think on my feet, leading to an incoherent then unconvincing delivery and make my do not be in the format at four to five minutes time to delivery all me work like speaking about performance which make me be more confused and disappointed. At the last of our presentation when I have to answer of the at the question I lost all the points my brain was empty I try hard to be coherent but without any believe.

c. ABSTRACT CONCEPTUALISATION

In this context, my concrete experience involved the actual presentation, while my reflective observation allowed me to critically assess my performance, recognizing the areas that required improvement. Additionally, Smith-Jentsch et al. (2015) highlight the impact of anxiety on public speaking. Their research suggests that anxiety can impair cognitive function and reduce the effectiveness of communication. This corroborates my own experience of feeling overwhelmed by nervousness during the presentation. According to my experience deliberate practise, which involves repeating a task while paying close attention to how it might be improved, is crucial for gaining competence in a particular field, according to my experience. I understand that in order to increase competence and confidence, presentation performance requires targeted practise.

d. ACTIVE EXPERIMENTATION

Through this process, I will continually evaluate my performance, paying attention at feedback from all members which assist at my presentation and adjusting my approach accordingly. Nevertheless, trying to improve my body language and sleeping a bit more the days first the presentation will help me improve my resilience being a bit poor now. Resilience is defined as "a dynamic process of maintaining positive adaptation and effective coping strategies in the face of adversity" by Luthar et al. (2000,pp. 543). Thus, resilience is the capacity to "bounce back" from adversity; for instance, we may encounter something that we perceive to be negative, which depresses us, but we eventually rise above it.

3.CONCLUSION

In conclusion, using Kolb's Experiential Learning Model to my poor presentation experience has helped me identify opportunities for growth and given important insights into the elements that led to the failure. I have created an action plan that includes practise, audience analysis, and anxiety control in order to improve my presentation abilities. I am convinced that I can overcome the difficulties I encountered and develop into a more capable and efficient delivering presentations by vigorously experimenting and regularly reflecting on my experiences.

Each person is affected differently by critical situations, which are unique and troubling. They could hurt and are defined after the fact. Even though these emotions may be unpleasant, it's essential to get over them in order to learn and grow.(Bassot,2020)

4. LIST OF REFERENCES

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