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COMMUNITY ENGAGEMENT: WALTHAM FOREST
COMMUNITY FOOD BANK PROJECT
REFLECTIVE REPORT

Executive Summary

In the first module there are some theories and concepts are taken to conduct a project. Based on the first module there are description of experience, evaluation of the experienced, analysis and conclusion of all over the process. There are also the aspects of the part where I can apply the experiences in the future assessment. There is a Gibbs reflective cycle is followed to reflect the experiences according to the assignment. There is need to develop some skills like inter relationship skill and communication skill to develop in the employability. There is also included the negative and positive things that is done.

Table of Contents

Introduction.....	4
Reflection of personal experience.....	4
Overall Conclusion	9
References.....	10

Introduction

In the first module, there is a description of the best practices of community engagement to the exploration of the literature. That module has been defined as community engagement and their advantages and merit or demerits. In this module there is an explanation of the best practices related to community engagement, there is also a reflection of the models and theories which is related to assignment 1. There is a self critic of our development of personal and reflection different kinds of skills which can improve employability. There is also a discussion related to the use of communication platforms to achieve a goal of successful employment.

Reflection of personal experience

There are so many models and theories which are related to the reflective cycle. The most important module is the Gibbs module. This helps to reflect the thinking about the stages of learning experiences. This module is a stand-alone situation to go through the experiences frequently in case of a project. It contains five stages-

Description of the experiences

In the process of reflection of experience, there are some stages which may include which contain the reasons for the incident. We divided the different sections in the group and researched each element. It is clear for us while we write what are the areas we need to rewrite so we are rewriting it accordingly to the writing style (Kumar and Kumar 2020, p.101949). In the first module, there is a description of interpersonal skills that can help to increase the level of productivity in the workplace. It can be helpful to build strong relationships with other staff and colleagues. Interpersonal skills are the skills which enhance the values of an employee and responsible (Ojha *et al.* 2016, p.276). The researchers experienced the concept of interpersonal skills and the importance of interpersonal skills in employment. There are several models according to the development of employability some are Model of Knapp's Relationship Escalation which proposed the human relationships are going through many stages from the first interaction (Pratt *et al.* 2020, p.44). There is a discussion of the stages which involved the first interaction and it also mentions that the first impression is the last. In that project also can find the model of Filtering relation of Duck which proposes the filters about a human relationship that has to go many stages to grow and keep the bonding in the relationship. I have done social projects for the Waltham Forest Community Food Bank Project which gives me the experiences

of teamwork and the knowledge of the subject which helps in personal development. For the implementation of the study and skills through practice I gain knowledge about the intelligence of emotions like how emotional intelligence controls someone's emotion to give direction in the proper situation.

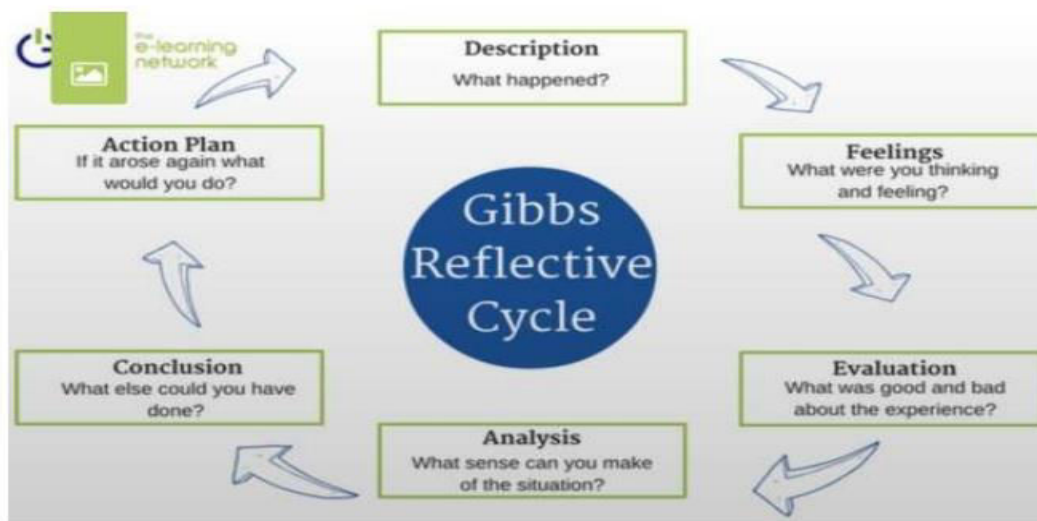


Figure 1: Gibbs Reflective Cycle

(Source: Adhikari *et al.* 2016, p.523)

Feelings according to the experience

When I divided the task between the people of the group I felt glad for doing the smart work. But after sometime when I understood that so many difficulties are coming to conduct the research I felt frustrated. Even sometimes we have to rewrite the research but after all these things we have done our work properly. During the process of the research, I felt we need to develop some skills to become a good employee. The skills are like interpersonal skills, communication skills between the employees and need to develop teamwork (David *et al.* 2018, p.123005).

After the analysis of the project, I came to know the importance of interpersonal skills to develop employability. This skill helps in the running of a well-structured organization and to develop a good personality for an employee. I came to know that communication is so important to develop an organization with the development of employment. Strong communication is needed to impress other people or colleagues or customers. Good communication with clients can bring high productivity and helps to develop employment.

Leadership quality is the best quality which is the most important key in the journey to successful employment. After analyzing the project I realize that I have to do more practices to become a perfect employee. I came to know that physical appearance is also important with the other characteristics. Appearance helps to build trust or belief with the customers and colleagues. The employees who have better speaking power, skills and good appearance get the best opportunity to connect with others (David *et al.* 2018, p.123005). For self-development, there is a certain skill which may be required. The development of the interpersonal skill, communication skill and other skills can align with the target of that organization work can be done accordingly. I gain the experiences of the setup of some skills that can bring good productivity for the organization. The qualities of an employee like honesty or respecting others. It is necessary to respect the views of personal boundaries with other colleagues and maintain the rules of an organization. I experienced that without proper time management and skills of proper planning cannot be a perfect employee. In the project, there are some scenarios where a lack of communication or confusions has been seen. In that case, the termination model of Knapp's Relationship can give a solution that helps to understand or grow in the communication within the team.

Evaluation of skills

Evaluation of the whole work is most important to know the quality of the work and what are the areas where need to work more. Being an honest and objective individual, it is needed to evaluate the whole work of an individual. For getting the information about the positive and negative situations which can be created during the next research need to conduct the evaluation (Brunton *et al.* 2017, p.4). In the evaluation process, there is a need to construct questions and answers that can give the people of the group and me also. After evaluation, I can understand that the members of the group have been given their best quality of work. The best part is there is unity in the teamwork and between the team members. The group members work ethically to give the best quality work. One more thing we can understand is that we thought that we write all the research in the same writing style and in the same way which is not. But the writing style of everyone is unique and the work is complete within the time limit. After the evaluation, I can realize that Waltham Forest Community Food Bank Project is successfully conducted every information is given in a very logistic way. There is a need for some areas which can be

controlled like communication. Communication between groups of people needs to develop more.

There is a lack of communication in each other and a lack of the skill of a good listener. Need to develop reliability which includes the ethics of the people at the workplace. Reliability is the quality that comes with ethics which increases the sense and can do better work which helps to grow an organization (English *et al.* 2018, p.558) Lack of positivity can be the reason for frustration, depression or stress related to work. Interpersonal skills help to develop positivity in the stressful work of employees. This helps the employee to get success in an organization. Positive thinking and personality can achieve success very easily and can handle any stressful situation which turns him into the best employee.

Analysis

This analysis stage has given a chance to know the whole process and the project. The analysis stage gives a whole perception of the project what I have done. After analysis, I can understand the initial part of the assignment very smoothly because everyone wants to do that in which they have an idea and I also do that part which I have prior knowledge. I have experienced that the unique way of working can give the best results. When everyone wants to do their work by their own choice they enjoy their work and it gives strength to the group members. When we are doing work together there are also the conflicts of emotional characters. Emotions are like anger, cry or any other emotions that can navigate the situation. There is a requirement to keep calm in stressful situations (Lowery *et al.* 2019, p.19). For the journey to becoming the best employee, you need to control every kind of emotion. When we are conducting the assignment the emotional conflicts come again and again which is the main barrier in the progress of the assignment (Issacs and Davids 2016, p.105). Strong communication between every participant is needed to give the best quality work. For the development of employment, ability communication is much more needed. This skill is needed to impact the customers and convince the customers. In the improvement of the sales, we need to communicate with the customers and proper communication helps to build trust among the customers and employees (Howard 2017, p.79). After analysis of the whole work during the assignment, it can be said that development in some skills is needed to develop our employability in the future of the corporate world. Empathy is the honest nature which can help to feel better to other employees. It refers to a supportive

platform for a company to reduce the bad behavior of employees. Empathy to each other can develop teamwork.

Action plan

At this step, I can plan the tricks to handle these situations in the future. This step is very helpful to act differently in different situations. I can get the ideas about the procedure and can modify the strategies and can apply them in future assignments. When I am working with the next group in the future I will make sure that the lack of skills can be improved. I will identify the strengths and weaknesses of everyone and replace the place of the weakness of one with other employees' strengths. I will recognize the potential and talents of the group members and would propose to them to write an introduction first. After the introduction part end, we will start writing our part. And I discuss the ideas to everyone and get the ideas of individuals. I have experienced a lot that will help me to handle all chaos or anything in future work. I will ask everyone that if we cannot take decisions individually then we will make the group decision. I also can use any team role or any team-related theory to develop team work. This research may help to develop the interrelationship between the participants. I also can recognize the areas where I had been lacking for the next time I will take more strong decisions and work hard to develop the employability.

Conclusion

I learnt that to get high productivity or high-quality job I need to develop the skills and utilize the strength of an employee. It is also essential to look back on the whole work that can be done in a better way. I have experienced that there are some wrong things I do that is why the team has to rewrite but for the next time I will make sure that I will give better results. I will identify the self-critics which I have done in the whole work. I learned that sometimes we have to face many challenges and stressful environments where we need to be more positive and keep calm. I learned that it is necessary to keep calm and control all the emotions to regulate whole work and to fulfil the target of the best employee.

Overall Conclusion

Community engagement is the method of working in a group of people where issues are identified within the people of the group. It is the most useful instrument to bring changes related to environment and behavioral. The various types of judgments and arguments of theories have been well explained by the team or researchers. Community engagement is the best practice where it can develop personal characteristics to become a good employee. After analyzing the whole assignment it can be concluded that some challenges are coming in the journey to develop employability but need to face all challenges keeping calm. The qualities and professional practices can develop and are applicable to the development of employability. In the assignment there are many modules and theories are given and proved that there are some skills needed to develop employability.

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