

## QUICK TIPS – *Reflection*

In a recent discussion with a colleague, he observed that on a continuum the extremes are:



What is it that transforms *Information* into *Meaning*? Some might answer that it's experience. But even more than experience, ***Reflection*** is the essential transformative element.

***Reflection*** is a meditative process, wherein one is engaged in thoughtful consideration. It requires deep analysis, the healthy challenging of assumptions, understandings and values, and the ability to re-construct thoughts and events in different ways that provide new insights. This is how *learning* occurs.

As busy Managers and Leaders, the daily pressures and demands often seem to leave little time for reflection. But reflection is the activity that is vital to achieving an integrated comprehension of the world.

You can engage in *Reflection*, by:

- ◆ Pondering situations and thinking about your behaviours and those of others.
- ◆ Recalling and analyzing words, phrases, tones, inflections, and body language.
- ◆ Looking below the surface and beyond the façade to plumb the depths of your understanding.
- ◆ Immersing yourself in evaluating the results and contemplating how to improve the outcomes.
- ◆ Envisioning re-playing the situation differently.

At this time of year, many will take the time to vacation and enjoy the summer. Some of this time needs to be filled by reflecting on things. By investing in *Reflection*, you can work to make the future better.

