Reflection Paper

Now, it’s time for you to reflect and write your thoughts on paper.

In this paper, address the following

* What were your main takeaways for you? What insights did you gain from taking this course?
* How would you have rated your communication skill before taking this training (on a scale of 0-10)? How would you rate it now (just after taking this course)? How would you rate it 12 months from now? Why did you give yourself the score you did?
* Which scenarios/examples provided the most learning for you where your answers before continuing with the video were quite different from the ways I mentioned you should approach? Why were these scenarios most impactful for you?
* Please outline which core values you want to focus on improving over the next 6-12 months and why you've picked these. What will you do to make these concepts become fully internalized and become part of you?
* Is there anything else you've learned from this course that was not outlined in the previous questions?
* Once you answer the 5 questions above, attach your answers to the 10 scenarios/exercises as an appendix to your paper

These exercises are to help you reflect and better internalize the principles you've learned. Watching videos will only get you about 10% of the knowledge I am trying to pass on. Doing exercises will get you maybe about 50% of the knowledge, but writing things down and reflecting will get you maybe 80-90% of the knowledge. Then by proactively practicing and working on various communication skills, this knowledge will then be internalized over time. This means, even if you got 80-90% of the knowledge in your head if you don't actively practice, maybe only 20-30% of that knowledge your brain observed will become part of you. Even if at one point you had 80-90% of this knowledge, by then, your knowledge diminishes and you'll probably only remember 20-30% of the knowledge you once had.

Spend at least a few hours doing a thoughtful reflection and make sure points 1-5 above are no less than 3 pages of content. Make sure you add an appendix at the end also where you outline your answers to each of the scenarios/exercises presented after the core values were taught. This way, your single PDF contains your reflection paper as well as all the answers to the scenarios you've worked out.