

MOVINGWORLDS

Post-Experteeing Reflection Template

Experteeing develops skills, but only if you take the time to reflect. A little time spent reflecting immediately after your trip can help you *fully* develop skills like collaboration, confidence, communication, and empathy – all of which are invaluable for preparing you to be a globally minded leader.

"Reflection leads to growth of the individual – morally, personally, psychologically, and emotionally, as well as cognitively". - Branch & Paranjape, 2002, p. 1187

This template is organized into three sections:

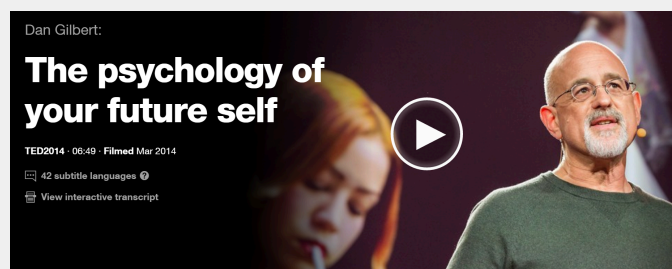
[I. THINKING BACK](#)

[II. THINKING THROUGH](#)

[III. THINKING FORWARD](#)

To make the most out of this template, we suggest you do the following:

1. Read [The Anatomy of Change](#) alongside your ongoing reflection
2. Write down an answer to every question in the guide, even shorthand notes are fine
3. Find a trusted mentor, coach, friend, and/or family member, and talk through your questions and answers for each
4. Revisit your answers periodically to monitor your changes, preferably with your trusted person
5. Before starting, watch this video: [The psychology of your future self](#)



This reflection guide is based on leading reflection models¹ and customized for the unique intricacies of Experteeing.

¹ https://en.wikipedia.org/wiki/Reflective_practice

I. THINKING BACK

Connecting with your pre-Experteering version of you.

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|-------------------|---|
| INTENTION | <p>What was the original purpose of going on an Experteering trip?</p> <div></div> |
| MOTIVATION | <p>What <i>internal</i> motivators pushed you into and through the experience?</p> <div></div> <p>What <i>external</i> motivators pushed you into and through the experience?</p> <div></div> <p>Where were you, <i>personally</i>, <i>emotionally</i>, and <i>professionally</i>, when you started this experience:</p> <ul style="list-style-type: none">• Personally:• Professionally:• Ethically: <div></div> |
| FOUNDATION | <p>What previously acquired experience was essential to empowering you to go Experteering?</p> <div></div> <p>What previously acquired experience was essential to your success on this project?</p> <div></div> <p>What previously acquired skills were essential to completing the experience?</p> <div></div> <p>What personal attributes were critical to your success?</p> <div></div> <p>What skills did you lack going into the experience?</p> <div></div> <p>What experience did you lack going into the experience?</p> <div></div> |

II. THINKING THROUGH

Connecting with your Experteeing version of you.

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|--|---|--|--|--|--|--|---|---|--|
| YOURSELF | <p>What did you learn about yourself, personally, through this experience?</p> <div></div> <p>What did you learn about your professional capabilities through this experience?</p> <div></div> <p>When were you most proud of your performance?</p> <table border="1"><tr><td data-bbox="402 552 930 709"><ul style="list-style-type: none">• How significant was this experience on those around you?• How can you replicate this in the future?</td><td data-bbox="938 552 1461 709">How might others from a different culture view your performance?</td></tr></table> <p>When were you least proud of your performance?</p> <table border="1"><tr><td data-bbox="402 783 930 940"><ul style="list-style-type: none">• How significant was this moment on those around you?• How can you prevent this in the future?</td><td data-bbox="938 783 1461 940">How might others from a different culture view your performance?</td></tr></table> <p>What is something you would have done differently?</p> <table border="1"><tr><td data-bbox="402 1014 930 1140"><ul style="list-style-type: none">• Why would you have done it differently?• How will you do this better next time?</td><td data-bbox="938 1014 1461 1140">How might others from a different culture have acted?</td></tr></table> <p>What were you most memorable emotions?</p> <table border="1"><tr><td data-bbox="402 1203 930 1329"><ul style="list-style-type: none">• When were you the highest?• Where were you the lowest?</td><td data-bbox="938 1203 1461 1329">How were others reacting to the same situations?</td></tr></table> | <ul style="list-style-type: none">• How significant was this experience on those around you?• How can you replicate this in the future? | How might others from a different culture view your performance? | <ul style="list-style-type: none">• How significant was this moment on those around you?• How can you prevent this in the future? | How might others from a different culture view your performance? | <ul style="list-style-type: none">• Why would you have done it differently?• How will you do this better next time? | How might others from a different culture have acted? | <ul style="list-style-type: none">• When were you the highest?• Where were you the lowest? | How were others reacting to the same situations? |
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| <ul style="list-style-type: none">• Why would you have done it differently?• How will you do this better next time? | How might others from a different culture have acted? | | | | | | | | |
| <ul style="list-style-type: none">• When were you the highest?• Where were you the lowest? | How were others reacting to the same situations? | | | | | | | | |
| THOSE AROUND YOU | <p>What did you learn about other people through this experience?</p> <div><ul style="list-style-type: none">• Personally:• Professionally:</div> <p>When did people inspire you?</p> <div><ul style="list-style-type: none">• How significant was this on those around you?• How significant was this to you?• How can you internalize and model this in your own behaviour?</div> <p>When did people disappoint you?</p> <div><ul style="list-style-type: none">• How significant was this on those around you?• How significant was this to you?</div> | | | | | | | | |

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| | <ul style="list-style-type: none"> How can you internalize this and not do this to others? |
| THE WORLD | <p>What did you learn about the world in this experience?</p> <ul style="list-style-type: none"> What is your place in it? What questions do you have about your role? <p>What did you encounter or experience that might change your future actions?</p> |

III. THINKING FORWARD

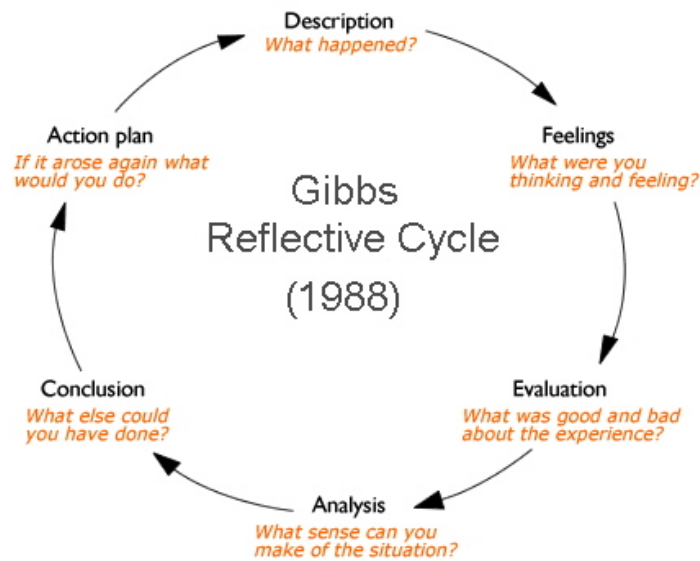
Connecting with and directing your future you, and those around you.

| | |
|-------------------------|---|
| YOURSELF | <p>What skills did you learn that will be a key part of your future?</p> <ul style="list-style-type: none"> Personal: Professional: <p>What skills did you learn, and what skills do you want to keep building on?</p> <ul style="list-style-type: none"> Personal: Professional: <p>What are the professional and personal situations where you will shine?</p> <ul style="list-style-type: none"> How will you recognize them: How can you put yourself into these situations more frequently: <p>What are the professional and personal situations you do not want to be in?</p> <ul style="list-style-type: none"> How will you recognize them: How can you prevent putting yourself into these situations:: <p>What are the professional and personal situations you want to act differently in?</p> <ul style="list-style-type: none"> How will you recognize them: How can you ensure you act the way you aspire to act: |
| THOSE AROUND YOU | <p>What experiences do those around you have that relate to your own Experteeering experience that might relate to the changes you're going through? What situations have they NOT had that influence how they might NOT relate to you?</p> |

| | |
|------------------|--|
| | <ul style="list-style-type: none"> • Relate: • Don't relate: • How will our differences influence your behavior(s): <p>How can use your experience to help those around you be more culturally aware?</p> <ul style="list-style-type: none"> • What might engage them: • What might cause them to be defensive: <p>How can use your experience to help those around you be more empathic?</p> <ul style="list-style-type: none"> • What might engage them: • What might cause them to be defensive: <p>How can use your experience to help those around you be more socially responsible?</p> <ul style="list-style-type: none"> • What might engage them: • What might cause them to be defensive: |
| THE WORLD | <p>What is your future place in this world?</p> <p>What are your goals?</p> <p>How can you use your future you to build a better world?</p> |

What Next

Reflection can easily become an ongoing process, and is essential to becoming a self-driven learner. As you go forward from here, reflect on your day-to-day experiences using a simple model like this:



Want to keep the learning going? Check out our [Experteeing Re-integration Guide](#).

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