

REFLECTION ACTIVITY: Complete the reflection document to get started. Once you've completed this activity, keep it on hand to discuss with your Career Coach during your next appointment!

<p>Projects: Which ones did you love? Which ones frustrated you? Which ones went really well?</p>	<p>Strengths: What did colleagues or higher-ups recognize you did well? Where did they ask for your help? What work comes natural to you?</p>
<p>Skills: Leadership, data analysis, project management, communication and problem solving are some of the key transferable skills recruiters will be looking for. Think about where you demonstrated these skills in your military or civilian experiences.</p> <p>OPTIONAL: Complete a Skills Card Sort activity (available on the GBCC site)</p>	
<p>Teams: What kinds of groups have you participated in? Led? Collaborated with? What is the role you tend to thrive in when on teams?</p>	<p>Challenges: Where do you think your knowledge gaps might be? Where did you ask for help from others?</p>

Positive Energy Flow: What work feels energizing? During what projects or activities are you most focused and engaged?	Negative Energy Flow: What work feels exhausting? What projects drain your mental resources? What activities do you actively avoid or procrastinate?
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LEADERSHIP MOMENTS: Revisit 5-8 of your key leadership moments, roles or experiences and list them below. For each, think carefully about what you learned. What makes it one of your key moments? How did it shape your leadership style? What would you do differently if presented with the situation again?

Moment/role:	Moment/role:
Moment/role:	Moment/role:
Moment/role:	Moment/role:
Moment/role:	Moment/role: