



Unpacking the Pandemic – Individual Reflections/Leadership Shifts

We've all been impacted by the pandemic to one degree or another. Taking time to reflect on how you experienced the pandemic can put things in perspective and help acknowledge your thoughts and emotions, leading to greater awareness of what's meaningful in life.

SECTION A - Unpack Your Individual Pandemic Experience *(Please note: Individual reflections need not be shared with others unless you have a safe and confidential relationship)*

Opening Reflection

What is your most memorable personal pandemic story?

Abundance

What are the silver linings for you in this pandemic time?

What are you most grateful for?

Self-Care - Self-Aware

How are you taking care of yourself? *(recognize even the smallest self-care activity)*

What do you need to be able to take great care of yourself?

How are you attending to your emotions in helpful ways?

What have you realized is important to you and what is not?

What thoughts and behaviors do you find energizing?

What thoughts and behaviors do you find depleting?

(You may find it helpful to list one or two thoughts/behaviors and identify how to replenish yourself)

What's Getting Better

What new awareness do you have about yourself?

What are you learning about yourself that you may have forgotten?

When are you at your best?

Who Are You Becoming

Who are you being called to be right now?

How do you want to show up at this time?

What might be holding you back?

Which relationships would you like to foster during this time?

What new learnings, practices, or routines might you consider exploring as you go forward in being your best self?

Summarize: Thinking back over the past two years, what is the theme of your individual overarching experience.

SECTION B - Unpack the Team Pandemic Experience (*Reflecting on shifts in your leadership and that of your team provides greater insights on leadership strengths when times are tough and perspective on how this collective experience supports future leadership capacities*)

Leadership Shifts

What leadership characteristics do you see in yourself that you may not have noticed before?

What does this experience tell you about your leadership style in the future?

How are you tuning into what your team needs?

What do you need to replenish as a team member?

What energizes you as a team member?

What do you want to amplify about your leadership team going forward?

Which relationships would you like to foster during this time?

How do you want to measure success...

For yourself?

For your team?

Summarize: Thinking back over the past two years, what's the theme of your overarching experience as a member of this team?