



# LEADERSHIP REFLECTION CASE

## Reflection, Integration & Forward Momentum

### SCENARIO

Throughout this leadership program you have explored new perspectives, tested new behaviors, and reflected on how you lead. As the program concludes, you now face a leadership moment: how will you translate these insights into the way you lead every day? This reflection exercise invites you to pause, examine what has shifted in your thinking, and determine how you will carry that growth forward.

### LEADERSHIP CONTEXT

- Leadership growth often happens through reflection rather than instruction.
- Insights become powerful when they are applied in real leadership situations.
- Intentional action creates forward momentum in leadership development.

### DECISION POINT

As you consider your leadership journey during this program, identify the leadership behavior you most want to strengthen moving forward.

### REFLECTION PROMPTS

1. What leadership insight from this program stands out most to you and why?
2. Where have you noticed your leadership mindset shifting?
3. What experience during the program challenged your perspective the most?

### INTEGRATION PROMPTS

4. Where have you already applied something you learned during this program?
5. What leadership situation recently tested your growth?
6. What did you try that felt different from your normal leadership approach?

### FORWARD MOMENTUM

7. What leadership behavior will you intentionally practice next?
8. What upcoming situation will allow you to practice it?
9. What would success look like in that moment?



## LEADERSHIP COMMITMENT

Leadership action I will commit to:

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Situation where I will apply it:

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How I will measure success:

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