

Reflection on Teamwork

We learn from our experiences. Team building events give teams the opportunity to bond and have some fun. They also create opportunities to reflect on ourselves, our colleagues and our team.

Reflective writing is a way to document your response to experiences, events or new information. Translating your response to thoughts and feelings is a way of exploring your learning. It is an opportunity to gain self-knowledge and to achieve clarity and a better understanding of yourself and your team.

What strengths did you bring to the team?

What did you enjoy most / least about the event and working with your team?

What could you do, or should you be mindful of, to be a great team?