



The Looking Glass Review

News, Views and Announcements on Reflective Practice

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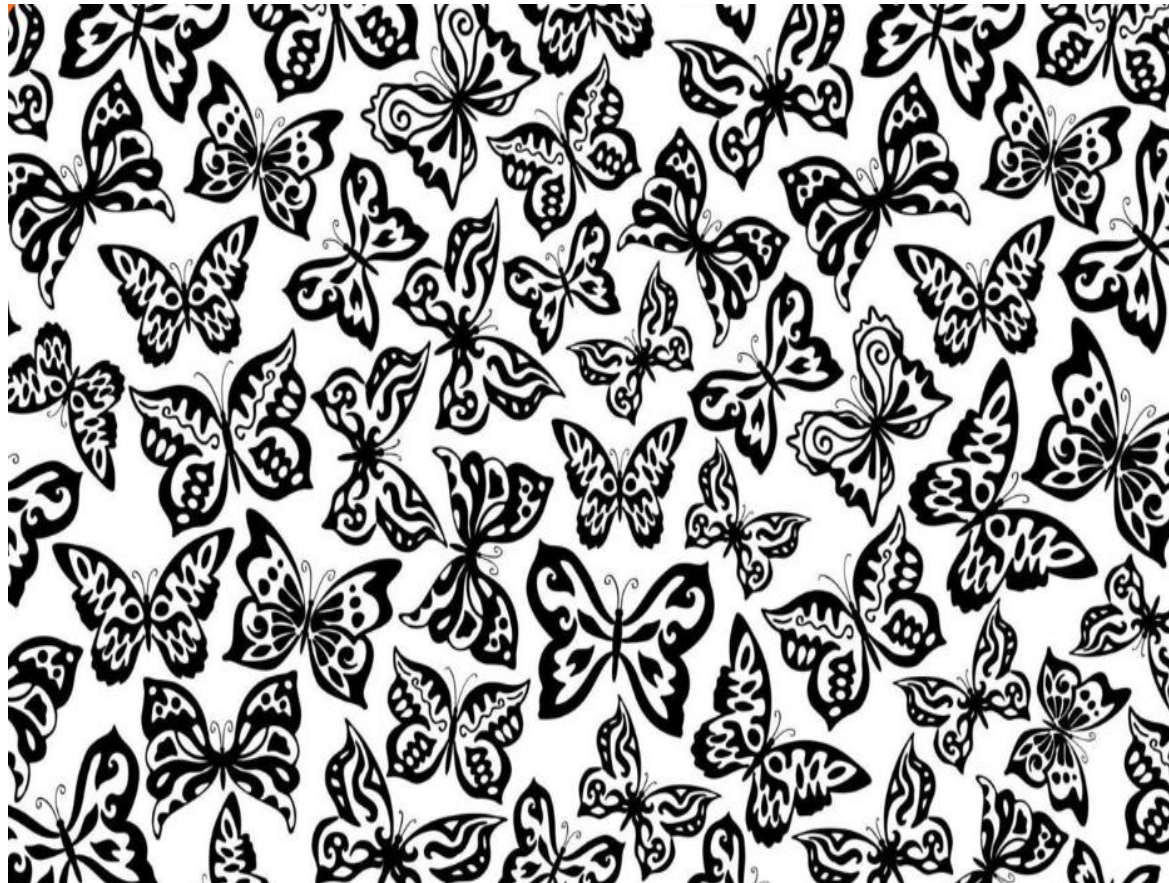
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5 Steps to Reframe your Life-history

A step-by-step
guide to apply
structured
reflection

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Take Action by Solving your Habit Equation



Black and white butterflies in a vector seamless pattern seemingly the same but in fact each different.

Practicing Reflection

By Dr M. May Seitanidi



The Looking Glass Review acts as a channel of communication for the Reflect4Change Community by presenting news on reflection, offering views on reflective practice and sharing announcements

In this second issue we offer suggestions on how to practice reflection by developing a research-led understanding inspired by leadership and behavioural studies. We look to welcoming you in the Reflect4Change Community!



The Review

Leadership & Reflection

– By Dr M. May Seitanidi

How to use insights from leadership to reframe your life-history narrative and fast track your transformation journey

A recent study in leadership revealed the answer to why more than 1,000 studies conducted in the last 70 years did not discover the definitive profile and key characteristics of great leaders. Having interviewed a diverse group of 125 leaders, ranging in age between 23-93, the study discovered that great leaders have one thing in common: they know who they are. After analysing 3,000 pages of interview transcripts the researchers discovered that these leaders were framing and re-framing their life stories in order to understand the core of who they were, demonstrating that their authentic leadership emerged through their life stories (George et al., 2007a). Here are the key lessons from the study that you can apply in your life-story reflections.

5 Steps to Reframe your life-history through Reflection

Lesson #1	The facts of your life provide the context or the story of your life. What matters more is the <i>personal narrative of your life-history</i> , i.e. how you make sense of your life which repeatedly plays in your mind over and over giving meaning and direction to your next steps. Ask yourself: What are they key moments of my life and how can I use them to re-frame my personal narrative?
Lesson #2	In framing your life-story see yourself as an <i>active observer</i> that can develop self-awareness deriving from your experiences, especially the negative ones. Ask yourself: What could I learn from the episode(s) of my life and what deep lessons could I discover to help me reframe my life history seeing the event(s) as a stepping stone to a new, more meaningful direction?
Lesson #3	Getting to Know your authentic self requires <i>courage and honesty</i> in opening up and examining your experiences in order to identify your blind spots.



Your Reflection Explorations

Becoming a reflective practitioner has a start but not necessarily a finishing point, as it requires continuous practice.

Using the structured Reflection model What? Now What? and developing reflective practice comes with expected and unexpected challenges and rewards. Sharing your aha! moments of deep insights and the breakthroughs helps you learn develop better articulation skills expressing your thoughts, feelings and actions and connecting them to your new results.

We invite you to share your reflection explorations with Reflect Review together with your photos or any visual material you find inspirational in your Transformation journey!



Send us your questions & contributions for the next issue to mmayseitanidi

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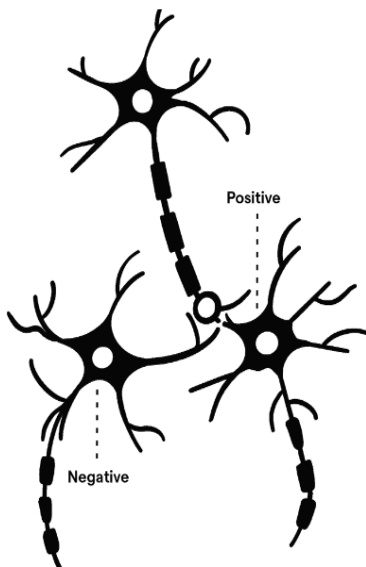
	Ask yourself: What were my blind spots in a key episode(s) of my life that stopped me from moving forward?
Lesson #4	Moving from <i>denial</i> to <i>acceptance of others' perspectives</i> (colleague/boss, friends, wife/husband), that might be in contradiction to your own, brings humanity in the way you approach yourself and others. Accepting as superior a different perspective to your original one brings vulnerability and humility and requires establishing a determined effort to change. Ask yourself: Have I failed to observe or understand at the time different views/perspectives that I now recognise their significance and can use to change my own perspective?
Lesson #5	Learning to tolerate your own failures and disappointments without beating up yourself will enhance your humility by <i>practising vulnerability</i> . Ask yourself: What is the benefits that I experience in recognising and addressing my blind spots?

Use your reflection journal to keep track of your answers to the five reflection questions. After four or five entries revisit all your entries and aim to identify common themes across your five answers. These will be

Take Action by Solving your Habit Equation

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When making a decision and selecting an option repeatedly, you



are engaging in continuous activation of your brain's group of neurons, resulting in certain neurons becoming more closely wired together. As a result the repeated option selection increases gradually the likelihood of habitual connection, i.e. when engaging in a certain decision the signal will reach the same option faster the next time without a pause for thinking, establishing a 'neural pathway' (e.g. when engaging in decision about x and you are continuously selecting option y instead of z, option y will be the automatic

The Simplify Button

When you set your resolutions and goals it is important to identify what might stop you from realising your goal or what you might find difficult. Spend time identifying solutions that will help you remove the barriers.

To receive support in developing your Reflective Practice register for the training workshops (Part 1 and 2) and join the Reflect4Change Community to maintain your reflective practice by sharing your reflection challenges and also by learning from others. Speed up the progress to transform your life!

Hit the simplify button to kick start your transformation!



Register for both workshops and receive a 20% discount.



Reflect4Change
Transform your life



decision when deciding about x). Repeating the same option selection works like a muscle and eventually it becomes an automatic habit.

Automatic Habit Formation = Decision about **x** + Option Selection **yⁿ**

Recent research suggests that you can intercept your automatic habits by recognising your mind's saboteurs and retraining purposefully your brain. The first step is identifying your mind saboteurs which are "the voices in your head that generate *negative emotions* when you handle life's challenges. They exist in the brainstem, limbic system, and parts of the left brain. They produce much of your stress, anxiety, self-doubt, anger, shame, guilt, frustration, and mind chatter" (Chamine, 2016). Your saboteurs inform your mindset (fixed or growth mindset) i.e. are part of your interpretive process making sense of the world and are expressed in your life-history narrative. They are initially formed in early childhood to help you survive physically and emotionally as a child. Discovering which of the 10 saboteurs are blocking your potential as an adult can help you uncover limiting self-beliefs and expose patterns of life-history narratives that do not support your transformational journey. Identify your saboteurs by doing the first test here (should be repeated for accuracy 2-3 times) and measure the relative strength of your positive versus negative mental muscles by assessing your mental fitness in the second test here.

Reflecting on past episodes allows you to *detect the prevalence* of your stronger saboteurs as a re-curing theme. This can help you identify the *thoughts and feelings* that are directly connected to the way you automatically make sense of challenging situations and the automatic *actions* that you take. Identifying patterns of Thoughts-Feelings-Actions (T-F-As) in specific contexts can support the detection of when and how the saboteurs harm you and limit your transformational journey. Moving beyond the negative emotions associated with saboteurs that used to alert you to dangers that might no longer exist will enhance your ability to see clearly and express a positive vulnerability and choose the most impactful response.



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