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Generalist Practice

Journal Reflection 1

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During our pre-planning exercise, I was an active participant. I was engaged in finding a day suitable for all participants to meet. We discussed this week's journal reflection and what to expect from each of us. We wanted clarification about the leadership reflection but quickly discovered the requirements as a group. Also, as an active participant, I decided to be the leader of our next meeting and shared my work experience this week and how challenging it was to stay balanced.

During the discussion, Louise emerged as a leader of the session by checking in with everyone and then asked everyone how we would go about being leaders for each week with who wanted to be the leader of this upcoming week. Louise then asked all of us about balance. We discussed what this looks like in our busy schedule and how challenging it is to implement self-care.

My thoughts about my ability and comfort level with taking the lead during my assigned week are content yet anxious. Since we were unaware of the topic, I was uneasy as I didn't know what to expect. But when we have the topic, I am confident that my group and I will explore techniques and discover methods to resolve the case. As the leader of the assigned group, I plan to display strengths such as teamwork, good communication, time management,

and organization. As a leader of my given week, documenting our discussion will be challenging. I fear I will not remember all the vital information discussed to highlight my group knowledge. Also, I fear being the leader that I will take on more than I can instead of designating the workload with my group members. However, I am confident that as a group we will work effectively and efficiently.