Knowing myself and why I am the way I am is the first step in a lifelong journey of growth and development. Through this intensive I connected my narrative and inner committee members to my actions in daily living. I had gone through experiences like this before, but this time it sank in at a different level. I attribute a lot of the effect to the group discussions and individual conversations. Being a part of a group of people striving towards the same objective and approaching delicate topics with humble attitudes allows for a level of personal discovery that I have not experienced before. I was deeply surprised at the level of depth I found my mind staying in throughout the time together, as well as in the time since we have departed. I feel like I have connected to my wise self in a way like never before.

I am surprised at the level of connection I feel with my classmates. I have been through programs in the past where camaraderie is expected at the end of the session but rarely does it deliver. I believe the unified vision of the group to improve ourselves as instruments of change created an environment of safety and security where we are free to learn from each other without the fear of judgment.

Through the process, I found myself going back and forth between being in the moment and thinking about recent experiences or conversations that needed further reflection. My Insight Group specifically helped me pull out an inner committee member that was so close to my face I could not see it. That was a huge insight that changed how I interacted the rest of the time we were together.

Walking through my inner committee members was the biggest insight for me during the intensive. Knowing the different parts of my personality, what role they serve, and how they speak to each other has provided me a sense of clarity I have never experienced before. I am shocked to see how this understanding has helped me in the past few days as I am back in my normal work routine. What helped me retain this clarity is the continual discussions and daily conversations I have with members of my Insight Group. That support system has extended the internal reflection and maintained a level of depth needed to make systematic changes in my life.

The session helped me to realize that while my classmates and I are in the same program, we each have different end objectives for the direction we want to progress in the field. That is comforting and refreshing to know from the beginning. We can lean on each other as we work through the courses, but at the same time, we learn to respect the points of view from members of the community. I experienced moments in this intensive where I was grateful to have additional points of view in the discussion because it helped me see a situation in a different light. I need to continue to focus on how to seek out others perspectives and points of view, especially when it does not come natural to me. I prefer to go off of intuition and experience, which I am realizing is not a sustainable or helpful methodology.

My point of view shifted slightly in this session. It went through a period of refinement and clarity to be more specific. I realized my method of asking questions need to be focused more on the person I am talking to and trying to learn about, rather than presenting my experiences as the solution to their issues. There are no two sets of circumstances that are alike, yet I want to provide solutions before they are needed. Allowing the person to feel heard is just as or more important than the potential solution. At the same time, speaking up before trust has been established can be detrimental to the relationship.

The time to connect individually with members of my cohort was a special time. I cherish the conversations we were able to have and the connections that were made. It is a unique opportunity to meet a new group of people and feel connected to them after only a few days.

I am in a unique position in our cohort to bring a point of view that is distinctly Gen Y, collaborative in nature, and rooted in an understanding of ethical business practices. My area of focus is learning and making sense of how someone’s character and worldview impacts their ability to lead change within organizations. I do not want to keep this in theory, but rather repeatedly test the assumptions and theories we discuss to see how they act in the complexities of organizations. My unique contribution is an attitude comfortable with and embracing of continual trial, errors, and reflection in many different scenarios.

From an internal and personal perspective, my contribution is centered on authentic discussions and insights grounded in knowing who I am as a person. I have a better understanding of my weaknesses and am realizing when I need to be quiet and let others speak in the moment. This observation is big for me. I often feel like I can help the scenario and want to speak into the situation. What I am realizing is sometimes my best contribution to the team, and also to myself, is to sit back and remain quiet. I do not have all of the answers, and I need to be led by the collective group when my wise self tells me to relax.

My personal development goals at this stage are focused primarily on how I want to view myself. I see myself as a doer and a person of action; however, my actions are not consistent across multiple areas of my life. Professionally, I act and continually turn ideas into reality. The same cannot be said about my personal life and personal goals. They are often set aside and neglected for trivial items.

What I have realized is a goal in and of itself is not enough. I need to internalize the goal and use it as a way to describe who I am and who I want to be. This is the primary goal at this stage in the process: finding a way to internalize my goals to make them a self-identifying characteristic, rather than an item that may or may not get completed.

A secondary goal that will require more thought is focused specifically on my physical health. I need to take better care of my body. I am lucky that my metabolism is still strong, but if I do not change my eating habits and workout schedules, my body will start to limit my ability to do what I want professionally and with my family.

Spiritually, intellectually, and emotionally I am where I want to be. Intuition is an area of strength, but sometime it is overused. I need to work on understanding it better.