


# Week 1

 Date @July 12, 2023

## What went well?

The progress I made; what was achieved and done

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In the first week of the program, I made significant strides in various aspects, fostering a promising start to my journey. Building a strong foundation for collaboration, I took the initiative to get to know my fellow scholars, forming connections that would prove invaluable throughout the program. Gaining a comprehensive understanding of the project's objectives and scope allowed me to align my efforts effectively and contributed to a clearer vision of the collective goal. Moreover, I seized the opportunity to meet potential volunteers and engage in recruitment efforts, recognizing the importance of additional support to enhance the project's impact. Notably, my interpersonal skills saw marked improvement, as I actively honed my abilities to communicate, empathize, and work harmoniously with others. As the first week came to a close, I felt a sense of accomplishment and excitement, eager to continue this journey of growth and collaboration in the weeks to come.

## What could have been done differently?

Things that did not get done and/or could be changed

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Reflecting on the first week of the program, I acknowledge that I could have been more proactive in communication. While I made efforts to get to know my fellow scholars and engage with potential volunteers, I recognize that effective communication plays a pivotal role in fostering collaboration and achieving our shared objectives. In hindsight, I should have actively sought out opportunities to initiate discussions, share ideas, and seek feedback from my team.

## What did I learn about myself when working with others?

### Contributions, behaviours and values I exhibited

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During this week, I have come to discover some aspects of myself that have enriched my experience in the program. Firstly, I realized that I am sharing, eager to exchange ideas, and willing to contribute to the collective knowledge of the group. I found immense joy in sharing my insights and learning from others, creating an environment of mutual growth and support. Additionally, I embraced my curiosity as a powerful tool for learning, constantly seeking new information and approaches to deepen my understanding of the project and its potential impact. Moreover, I reveled in the moments spent with my fellow scholars, recognizing that I genuinely enjoy being in their company and that their perspectives add incredible value to my own journey. Embracing these qualities has not only strengthened my connection with the team but has also ignited a profound enthusiasm to continue exploring and collaborating with an open heart and mind.

## What did I learn about leadership?

### Leadership attributes and insights I developed

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Throughout this week, I have come to recognize design thinking as an essential aspect of leadership development. Design thinking is a problem-solving approach that emphasizes empathy, creativity, and a user-centric mindset. It involves understanding the needs and perspectives of the people we are serving, ideating innovative solutions, prototyping and testing ideas, and iterating based on feedback. By immersing myself in the principles of design thinking, I have grasped its potential to drive positive change and foster innovative leadership. This human-centered approach has shown me the significance of empathy in understanding the challenges faced by individuals and communities, and how it can inspire novel and

impactful solutions. I have realized that integrating design thinking into my leadership toolkit will empower me to tackle complex issues with ingenuity and compassion, and enable me to create meaningful and lasting impact in the projects I undertake.

## **What do I want to develop or focus on next?**

### **What I still need to develop**

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While the first week of the program has been enlightening and full of positive experiences, I recognize that there are areas in which I can grow and improve. One such area is my interpersonal skills. Although I made efforts to connect with others and engage in meaningful interactions, I believe there is room for enhancing my ability to communicate effectively, actively listen, and build even stronger relationships with my team and volunteers. Additionally, I understand the importance of better planning for the tasks ahead. While I have gained an understanding of the project's objectives, I realize the need to develop a more structured approach to achieve our goals efficiently. By setting clear objectives, creating timelines, and delegating responsibilities, I can contribute to a more organized and productive work environment. Embracing these opportunities for growth will undoubtedly help me become a more effective and valuable participant in the program, ultimately leading to more significant contributions to the project's success.