

# Individual Reflection



**After a group discussion or in parallel with it, it is important to also look inwards. Think about how the material affects you. What aspects of leading a group through a violence prevention program might be difficult for you and what could you do to boost your self-confidence?**

To answer that question, consider the following statements and think about how well they apply to you on a personal level

- I would find it difficult to lead a group that has little or no knowledge of the subject
- I would find it difficult to lead a group that has a great knowledge of the subject
- I would find it difficult to lead a group if some participants had a difficult experience.
- I worry that the group has more knowledge of the subject than I do
- I worry about getting questions I do not know the answer to
- What are my own personal attitudes and values about what I am discussing



# Strength Based Reflection

---



What are your strengths as a youth leader

- I connect well with the young people I work with
- I work well with other youth leaders
- I am fun and not shy of taking on new subjects
- I am interested and keen on tackling this subject with youth
- What other strengths do you have
- Indulge! It's not often we seek to learn from colleagues and young people the things we are good at!. Consider asking young people/colleagues/friends/family (potentially as part of a conversation about their strengths) to seek critique directly from the source you're looking to empower