

Workshop Self-Assessment Tips

Sometimes when something is less than perfect, it can still be excellent. Deriving satisfaction from what you have done and the effort that you have put into it will help you to balance out and appreciate your accomplishments.

Provided you are striving for excellence (not perfection); have a standard that you aim for and have put forward your best effort, you will find that even if an experience is not *perfect* you can still be happy with all or parts of it and learn from it.

Prior to the workshop, reflect on what your expectations are (of yourself and of others). Following the workshop, ask yourself the following reflection questions:

1. Did you have adequate time to prepare for the workshop?
2. Did you feel confident going into the workshop?
3. Was any part(s) of this experience out of your control? Please explain.
4. What did you like about the workshop experience?
5. How did the experience make you feel?
6. Do you believe that you performed to the best of your ability?
7. What would have made the experience better for you?
8. What were the positive aspects that you learned about yourself?
9. What feedback/reactions, if any, did you receive following the workshop?
10. Were there any challenges that you had to overcome? List out.
11. How did you or how will you overcome/manage these challenges?
12. List the top two strengths that you will build on for the next workshop experience.
13. What learning opportunities did this experience create for you?

Source: *Mary Alderwood, 2006*