**Block 1, Assessment 3, Part 4: Self Reflection**

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| **Student Name** |  |

**Instructions**

Using the Communication Feedback forms completed by three of your meeting participants and the notes you took at the meeting, write a **one (1)** page reflection on the meeting processes and the effectiveness of your communication. Your reflection must include:

* Lessons learned
* Opportunities for improvement.

Use the **Self-reflection template** to guide your work.

## Self-reflection template

*Enter text in the boxes below. The box will expand as you type.*

What did I learn?

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What can I improve upon and how will I do this?

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