

PERSISTENCE: REFLECTION FORMAT 1

BEING THE CHANGE; CHANGES THE BEING

REFLECTION FORMAT

Reflections are helpful:

- To understand what went wrong and what was good
- Tell our story and our growth through the session
- Identify what we did right and wrong, and how we could've personally improved

Reflections are, at their core, just personal stories of each healer. These stories consist of the details of the magic created to heal at every session. Healers talk about their own struggles and their highlights. This gives the reader a look into each healer's personality.

Therefore, each HEAL reflection should consist of:

- Personal stories
- Struggles and highlights
- A little bit about the buddy and the interaction
- A description of the session overall
- How the session's mood changes from beginning to end
- Shout outs for healers who did extremely well

Usually, we have certain prompts that the reflections have to be based upon. These prompts act as a sort of a guideline for the healer, and they're usually thought provoking.

HERE'S AN EXEMPLAR REFLECTION

This was a session where everyone had to stretch more than usual because we were missing some of our best volunteers. I was looking forward to great participation from grade 9. The session got delayed due to people coming in late so the session started off with really low energy. What I really liked about some volunteers was that they supported me (the conductor) to get the energy high again. Some of the volunteers didn't do that and instead chose to sulk over the decisions made. Biggest thing to learn from the session was that no matter what happened outside the hospital, when you are in there with the kids, their happiness is all that should matter.

From what I got most satisfaction came towards the end when I was called inside the ward to meet a child who knows me pretty well. His name is Jeet, and he seems to be getting worse but I think he liked it when I talked to him and his parents and told them that he'll get better with time. Just as I was leaving another parent called me to talk to his child, I felt proud because this meant that probably when I interact with someone it matters to him or her, which is why I was called to talk to the kid. I am no doctor nor am I a healer, but fortunately I am human. And for the kids here that is all I need to be.

The standout volunteers for me were, Jeet and Aditi.