

# Individual improvement



A personal reflection of my participation in the project reveals how individual strengths worked within the team. First, my intellectual skills, especially personal emphasis on mental activity worked well in this project because it required effective problem-solving skills. The complexity of the project required the team to seek alternative solutions to problems. This task matched my skills. I would apply personal reflection and introspection to gain motivation to complete the task. Further, I feel that my commanding style applied in presenting the scenarios as well as moving the team forward in moments when we would have stalled. Once we established the project goals, I developed a clear map of what I wanted to be achieved. Negotiations with the other team members allowed us to create synergies and complete the project in time. My contributions were to the team were exceptional because I am a competitive individual, and thus I wanted to be the best. However, this was apparent.

All the individual tasks that I performed in this project related well with my inquisitive nature. A personal reflection about the activity shows that I can achieve better results by focusing more on my strengths as a programmatic learner. Therefore, I should seek opportunities for hands-on training. I would require a demonstration from an acknowledged expert. Overall, this means that my personal learning style can help support growth and development activities during the proposed hands-on training activity. This is especially important because it links well with my pragmatics character.