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Twenty years of  
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## Tracking your Leadership Journey with Adele Nightingale Summary by Hannah Smith

On the 6<sup>th</sup> June, we had the first of our Online Discussions over on the Facebook group. Adele Nightingale, senior lecturer in healthcare leadership practice at UCLAN, facilitated the discussion, which was around using journaling to track our leadership journeys.

### Q1: What is your understanding of journaling and what do you think the benefits are?

We felt that journaling was a form of reflection, enabling us to make more sense of our thoughts, gain a better or different understanding of a situation, and plan goals or objectives. However, a distinction was made that a journal is usually more personal than reflections specifically written for our courses.

Many of us also said that we found it useful to look back at journals because it allows us to view our progress. However it was also mentioned a number of times that it can be difficult to stay consistent with journaling!

### Q2: How do you think journaling can enhance your leadership journey?

Some examples of how journaling can enhance our leadership journey included:

- Increasing our self-awareness, particularly through documenting the “smaller” things we do that demonstrate leadership skills.
- Giving us a reminder of our personal growth and successes for when we are in need of a boost!
- Allows us to learn from past mistakes, but also from things we did well.

We finished by sharing what we planned to do following the discussion to support and sustain our leadership journey.

A common thread was that people were going to try and commit to journaling more frequently, or starting to if they did not already! It was interesting to see how realistic people’s goals were – if someone did not journal already, they did not commit to now writing a large entry every day, but said they would start small, even if this meant a few sentences or writing every fortnight.

In summary, I personally found the online discussion very useful and inspiring – it was great to hear from everyone and get a greater insight into how people have used journaling and reflection already on their leadership journeys. Since then, there has also been a thread on Sundays which has acted like a mini journal, for us to share our goals and achievements of the week. Thank you Nadia for starting those, and for organising the online discussions too!



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