

## Wrapping Up My Banff Centre Residency: A Self-Reflection Exercise

Congratulations on successfully completing your program at Banff Centre! We trust it was a valuable experience for you. As you prepare to transition out of the program and back into your daily life, we invite you to take a moment for self-reflection.

Participating in the *Wrap-Up Self-Reflection Questions* (provided below) can serve as a crucial component of your post-residency experience, offering valuable insights and aiding in a seamless transition back to your daily life. These questions can help consolidate your achievements, integrate newfound knowledge, and set intentions for applying your experiences post-residency. By identifying actionable steps and expressing gratitude for support, this reflection enhances resilience, fosters a positive mindset, and cultivates a lasting network beyond the program. It serves as a focused tool for intentional personal and professional growth.

### 1) Reflecting on Achievements:

- What accomplishments during the residency are you most proud of?
  
- How have these achievements contributed to your personal and professional growth?

### 2) Personal and Professional Evolution:

- In what ways do you feel you have evolved personally and professionally during the program?
  
- How has your residency influenced your perspectives, skills, and knowledge?

### 3) Integration of Learning:

- How do you plan to integrate the insights and skills gained during the residency into your daily life and professional endeavors?
  
- Are there specific actions or changes you intend to implement?

**4) Transitioning Back:**

- How do you anticipate adjusting to your routine and responsibilities upon returning home?
  
- What strategies can you employ to ease the transition back to your regular life?

**5) Impact on Future Goals:**

- How has your residency influenced or clarified your long-term personal and professional goals?
  
- Are there new aspirations or modifications to your goals based on this experience?

**6) Applying Self-Care Practices:**

- Reflect on the self-care strategies you identified during the program. Which were most effective, and how can you continue to prioritize self-care post-residency?

**7) Maintaining Connections:**

- How do you plan to stay connected with individuals you met during the program?
  
- Are there networking or collaboration opportunities you want to explore post-residency?

**8) Documenting Insights:**

- Consider creating a document or journal entry summarizing key insights and reflections from the residency. How might this serve as a reference for future growth?

**9) Future Learning and Development:**

- What steps can you take to continue your learning and development after the residency?
  
- Are there resources, courses, or communities you want to explore?

**10) Celebrating Growth:**

- Take a moment to celebrate your personal and professional growth. How will you acknowledge and commemorate your achievements from the residency?

**11) Gratitude and Acknowledgment:**

- Reflect on the people, experiences, and resources that supported you during the program. How can you express gratitude and acknowledge those who contributed to your journey?

**12) Setting Post-Residency Intentions:**

- What intentions or commitments do you want to set for yourself in the weeks and months following the conclusion of the residency?
  
- How will you carry the momentum forward into your post-residency life?