



CINNAM

coaching and innovation mentoring

CINNAM PROJECTS | EXECUTIVE REFLECTION

Dewey famously stated that *we do not learn from experience, but from reflecting on experience.*

CINNAM individual or group Executive Reflection sessions are structured yet concise (typically 45–90 minutes) and occur regularly. They provide Executives and Board Members with a protected space for deep, multidimensional reflection, examining their recent experiences, decisions, and actions, particularly in the context of their specific roles and responsibilities.

At its core, Executive Reflection involves observing, questioning, and contemplating one's experiences without judgment. It is an opportunity to critically assess one's behaviors, thoughts, emotions, beliefs, motivations, skills, and leadership qualities.

The primary objectives of these sessions include:

- Analysing underlying dynamics, assumptions, and root causes of key experiences
- Reframing challenges and identifying innovative solutions
- Learning and gaining new perspectives that influence future decisions and actions

Our Executive Reflection sessions are led by Expert Senior Coaches who bring deep expertise in specialized areas, providing tailored support to Coachees as they navigate meaningful professional growth.

