Ignatian Leadership Capstone Project/Reflection

When I initially received the nomination to participate in the Ignatian Leadership Seminar, I didn’t know what to expect. I’m always looking for unique and intentional ways to develop and nurture myself and my leadership abilities, and this seminar felt like an exciting opportunity to do just that. While I was unsure of what to expect and was weary of being available for that amount of time each week, the possibility of developing my skills through the lens of the Ignatian framework intrigued me.

As I engaged with the program throughout the six weeks, I found myself looking forward to the hour-and-a-half seminar dedicated to leaders across campus intentionally being in community, conversation, and reflection with one another. Among the many topics touched on in the mini-sessions the ones that particularly spoke to me were the following:

* Discernment and reflection – personally and professionally
* Reflections on Ignatian Freedom - putting it into practice
* Humble leadership – as it pertains to work and beyond

I was drawn to touch on these sessions because they were particularly meaningful for me because they highlighted the importance of reflection, discernment, and leading from a place of humility. Doing the work of upholding and uplifting the mission of the university can be challenging at times and often, if we aren’t careful, this can look like pushing ourselves to the point of fatigue or burnout. While putting these aforementioned practices into action in our lives won’t eliminate the day-to-day bustle that comes with working at a university, they can certainly be tools to help us mitigate burnout, and recognize how and when to check in with ourselves. The mini session “Reflections on Ignatian Freedom” was especially impactful because it pushed me to reflect on how I’m showing up. One question that continued to come up for me while listening to this reflection was “am I spending my time and energy in a way that aligns with and reflects what I claim is most important to me in my life?”. Following this session, I took time to reflect and discern the ways I am, or am not, operating in my purpose and putting what’s most important to me at the forefront of all that I do. This was an eye-opening reflection for me and caused me to re-evaluate how I approach my work and interactions with others, amongst other things.

Being a part of this cohort was a great experience and allowed me to grow personally and professionally. I had the unique opportunity to learn from my colleagues across campus through conversation and reflection. I’m grateful for the experience and look forward to seeing how this program will continue to grow and evolve in future iterations.