

Week 10 Reflection- Presentation

Describe

This week I presented my speech for my group assignment on flexible working arrangements. I oversaw the section comparing the differences between my groups' articles. We also had the opportunity to listen to our peers' presentations and ask questions. I knew that this assignment would be challenging for me and prior to this week, I felt a lot of anxiety. However, this experience ended up being very beneficial and allowed me to practice my self-compassion and mindfulness skills.

Commented [T1]: This is a clear, factual description of the task. In DIEP, the Describe section should briefly explain what happened without analysing it.

Commented [T2]: This adds context to the learning environment, showing what the tutorial involved beyond just the presentation.

Interpret

Public speaking has always triggered my social anxiety and fear of public speaking, particularly through somatic symptoms such as dissociation. Before giving my speech, my anxiety levels felt manageable, as I had the tools to combat my negative thinking and manage my emotions on a cognitive level. However, while giving my speech I realised that due to my gap year I hadn't engaged in exposure to public speaking in a very long time. Thus, I immediately felt my body react, even though my thoughts were positive. I noticed a strong rush of adrenaline and I could feel myself shaking. I also felt my vision tunnel and I began to

Commented [T3]: This moves beyond description into interpretation by connecting the experience to personal psychological patterns (e.g., anxiety and physiological responses).

Commented [T4]: This demonstrates deeper interpretation by identifying a cause (lack of exposure), which shows understanding of how anxiety is maintained or reduced.

feel disconnected from my body. I felt like I was hearing my voice come from somewhere else, while I was listening underwater. I was thankful to have palm cards as I could feel my mind blanking, and I focused on looking at my tutor to ground myself. It is difficult to reflect in detail on the rest of the experience as I typically don't remember anything after the event. Afterward, I had a light headache and felt fatigue.

Commented [T5]: This is detailed reflection on the experience of anxiety. Strong reflections often include specific sensory or physical details.

Evaluate

This assignment was both very challenging and rewarding. Facing my fears of public speaking pushed me back into an uncomfortable environment where I felt out of control. It was also challenging to remain compassionate to myself and to engage in positive self-talk. However, although my body was still pushed into a heightened state of distress, I was encouraged to see how the tools and growth I had undergone in therapy helped me to manage my thoughts before and after the speech. Although I initially felt myself being critical, I quickly felt a sense of achievement and relief. I was able to look at the situation objectively and engaged in self-care activities such as treating myself to hot chips. I knew that it would get easier moving forward, and I reminded myself that although I wasn't actively as affected by my social anxiety daily, speeches would still be difficult. I also felt closer to my peers as they encouraged me afterward.

Commented [T6]: This introduces evaluation by judging the experience rather than just describing it.

Commented [T7]: This is strong evaluation because it balances both difficulty and progress, showing critical reflection.

Commented [T8]: This adds a social dimension to the evaluation, showing how the experience impacted relationships.

Plan

In future presentations, I would like to try breathing exercises before beginning any speeches. I would take a moment to notice my environment and to slow my heart rate. I could also try gentle physical grounding exercises like squeezing my wrist or fingertips. However, I will mainly try to continue to remain kind to myself and focus on trying my best.

Commented [T9]: This is a clear and practical plan for future improvement, which is essential in DIEP reflections.