

35 Reflective Questions for Maternal and Child Health Academic and Practice Professionals

Use this tool individually to reflect and identify gaps and next steps in your career. Use this tool with a group or with your colleagues/employees to identify the strengths of a group, explore MCH passion and focus, identify limiting beliefs that get in the way from carrying out your passion, and to identify individual and collective action steps that can be taken to make a difference in the health and well-being of women, men, children, and families

Personal Leadership

1. What are 3-5 of your greatest strengths?
2. How do you express these strengths at work?
3. What is one way to get more energy/aliveness into your work?
4. What are your top 10 values?
5. How much are you currently honoring each of your top 10 values?
6. What is your gift to the field MCH – women, men, children, and families?
7. What type of learner are you? (ie, didactic, experiential, hands-on, etc.)

MCH Focus

8. What is your biggest hope for women, children, and families?
9. What work project are you most excited about right now?
10. If you had the ability to do any type of project/program in your current position, what would that project be/look like?
11. What are your MCH passions?
12. What is your unique contribution at work?
13. What are the biggest challenges that your agency/organization/health department faces?
14. What innovative solutions do you have to current challenges?
15. What would make your work more meaningful?
16. Where can you serve?

Limiting Beliefs

17. What holds you back?
18. What are your 3 biggest limiting beliefs?
19. What are your gaps in knowledge/skills?
20. What keeps you from taking risks and experimenting?
21. Where is there dissonance between your personal values and your agency/organization/health department values?
22. What are your challenges?
23. What role does fear of failure play in your life/work?
24. What role does fear of success play in your life/work?

Making It Real in My Work and My Community

25. What is your unique set of skills?
26. What additional training/education/skills do you need/want?
27. How can you apply your current education/training/experience in your current context?
28. How can you use your educational background to date to positively impact the future of MCH?
29. What kind of support do you need (ie, agency/organization, family, etc.)?
30. What is your next step?
31. What is your timeline?
32. What successes have you already experienced?
33. How can you build on current successes?
34. With whom can you align yourself?
35. What is the legacy you are leaving or want to leave?