

Certainly! Here's a simple example of a reflection speech for leadership training in a personal-growth tone:

---

Hello everyone,

Today, I'd like to share a personal journey that transformed my understanding of leadership. It all began with a challenge I faced several years ago when I was appointed to lead a team that was struggling with low morale and lack of motivation.

At first, I made the mistake of trying to implement changes too quickly, without fully understanding the dynamics of the team. The results were less than ideal, and it taught me an important lesson: leadership is not about imposing ideas but inspiring a shared vision.

I took a step back and started listening--truly listening--to my team members. I encouraged open dialogue and embraced the diverse perspectives they offered. This shift not only empowered them but also enriched my own growth as a leader.

By focusing on personal development and fostering a culture of trust and collaboration, our team gradually evolved. We overcame obstacles together, celebrated successes, and learned from failures.

This experience reinforced a key insight for me: Leadership is a journey, not a destination. It's about continuous learning, adapting, and growing alongside your team. By cultivating self-awareness and empathy, we can all become better leaders and positively impact those around us.

Thank you for allowing me to share my story. I hope it inspires you to reflect on your own leadership journey and the personal growth it can bring.

---

Feel free to adjust this example to fit specific contexts or themes for your training session.