

Completing your first reflection

Let's set up your MirrorTalk account and complete your first reflection. Complete the following steps and then book a meeting with your Account Manager to discuss your scores:



Create your MirrorTalk account

- Visit mirrortalk.ai to set up your free trial account



Complete a personal reflection

Start here to experience the reflection process firsthand and see the type of insights you and your team will receive.

- Log into your account
- Select **Personal** from the dropdown menu at the top of the screen
- Think about one of your professional goals to reflect on, then select **Start**
 - Select a **Focus** - use [this guide](#) if you need help selecting a Focus
 - Click **Next** when you're ready to begin your reflection
 - Pro tip: the more details you use in your reflection, the better the insights you'll receive
- Listen to your feedback and click **Done** when you're ready to view your insights



Review your insights card

- Read the insights listed on your card
- Click on the card to view a more detailed analysis of your reflection



Goal before our next meeting

Complete at least one Personal reflection and review the insights card



During our next meeting

- We will review your experience and address questions
- Explore new feature updates
- Talk about next steps for rolling out a Pilot or Trial program at your institution