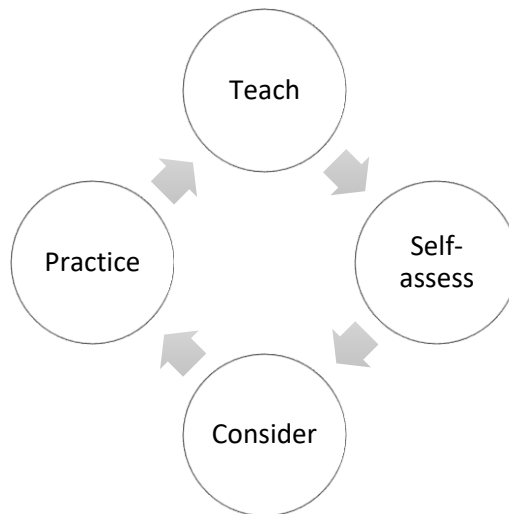




REFLECTIVE PRACTICE

Reflective Practice is a modern term, and an evolving framework, for an ancient method of self-improvement. This practice challenging our own beliefs and values in order to see the validity of that and be open to reflect and evaluate how accurate are those beliefs and to change in order to improve your professional development. Reflective practice is a very adaptable process. It is a set of ideas that can be used alongside many other concepts for training, learning, personal development, and self-improvement. Reflective cycle, as learning through and from experience towards gaining new insights of self and practice:



Techniques and Media for Reflective Practice

While written records are helpful and memorable, especially for personal individual reflection, reflections do not always have to be in writing.

Individually or in groups, reflective Practice can be managed via various 'media', for example:

- Written journal, notes or diary
- Creative imagery - e.g., 'mind-mapping', sketches, pictures, diagrams
- Reflective dialogue and discussion - in groups, couples, etc., face-to-face or by phone or written, etc., and with a mentor or coach - This is particularly so where a group (or more than one person) is involved in Reflective Practice, so that reflections can be shared through discussion. The discussion can then lead to collective agreement about future actions, changes and improvements.