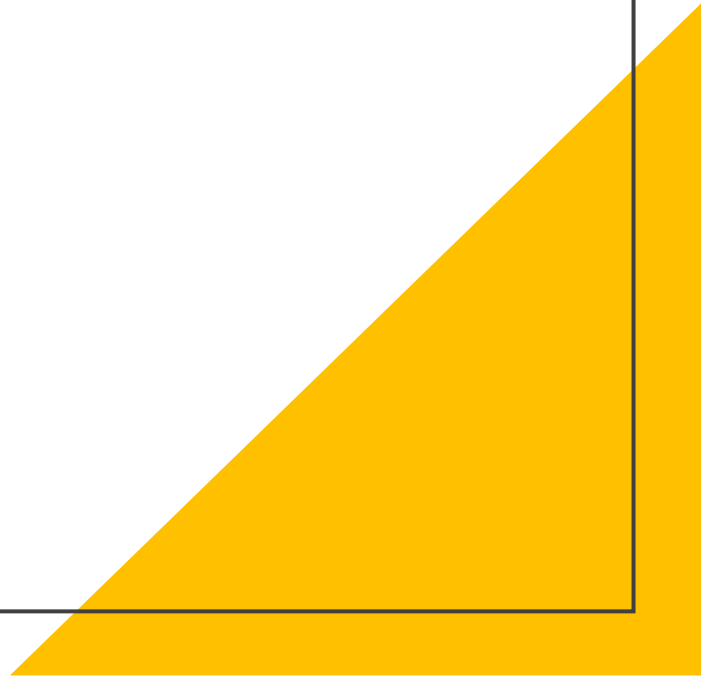


# Reflective Practice



# In breakout Groups discuss:

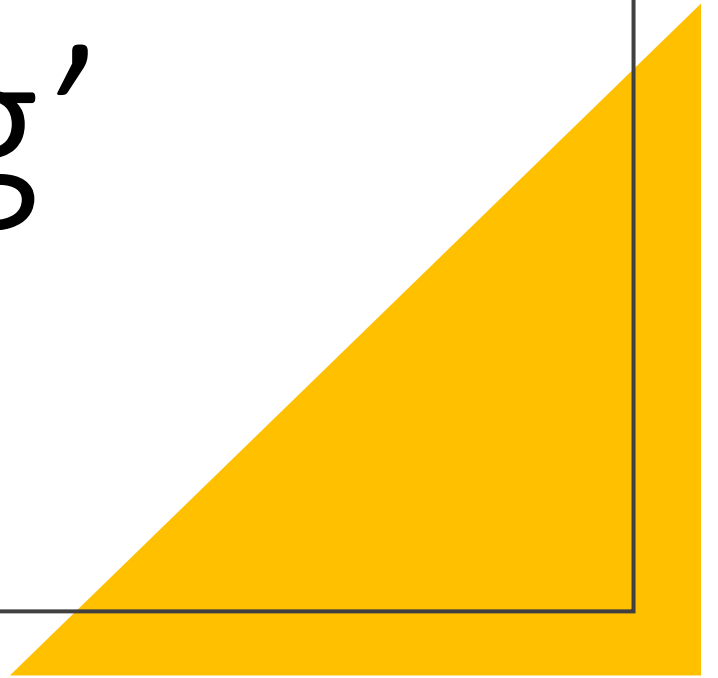
How do YOU learn  
from your  
experiences?

e.g as a student,  
Leader, entrepreneur,  
sportsperson,  
volunteer etc.



‘The unexamined life  
is not worth living’

Socrates



# What is reflective practice

A key part of learning from experience

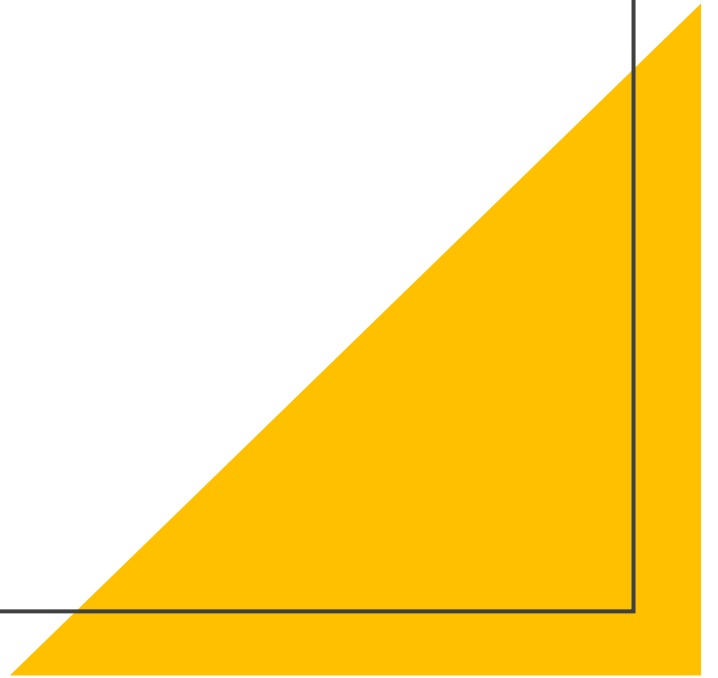
- Look at the event
- Understand it
- Learn from it

I get better by reflecting on what went well and what I could have done differently.



What are the  
benefits of  
reflecting on our  
experiences?

In breakout  
groups,  
discuss:



# Benefits of reflective practice include:

- If you know what worked well, you can do it again
- Helps overcome imposter syndrome
- Helps with creativity and innovation
- Gives us areas for improvement/development
- Helps to overcome assumptions we might make about other people
- Flexes and builds the emotional intelligence muscle
- Helps us build our lives

## Kick imposter syndrome to the curb by:



Focusing on  
**facts**



**Learning** from  
team members



Fighting feelings  
with **evidence**



Acknowledging and  
**releasing** feelings



**Reframing** negative  
thoughts



**Anticipating** the  
feelings



**Sharing** it with  
someone



Finding a  
**mentor**

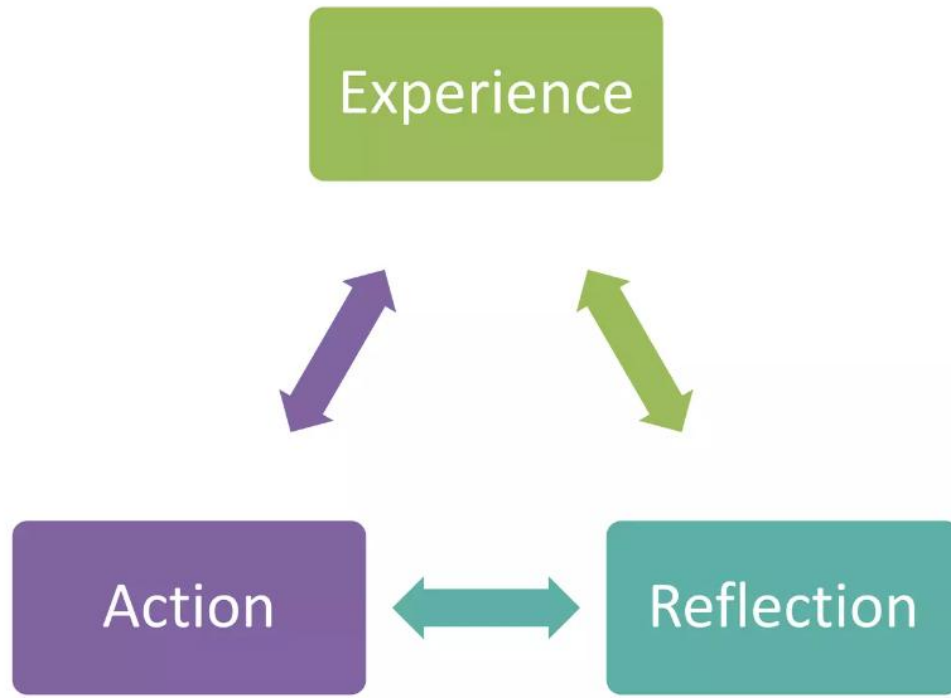


Celebrating a **win**  
(toot your horn!)



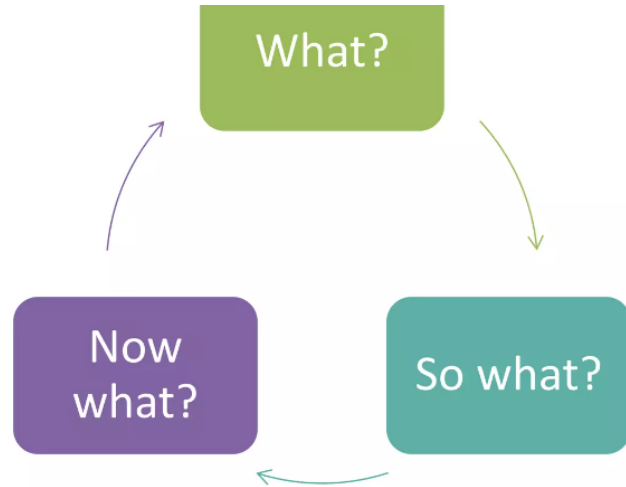
# Quick detour- imposter syndrome

What is imposter  
syndrome?



*The Reflective Practice Guide: An Interdisciplinary Approach to Critical Reflection / B. Bassot (2016)*

# ERA Model



*Practicing Clinical Supervision: A Reflective Approach for Healthcare Professionals / J. Driscoll (ed.) (2007)*

**What?** - describe the situation: achievements, consequences, responses, feelings and problems

**So what?** – discuss what has been learnt: learning about self, relationships, models, attitudes, thoughts, understanding and improvements

**Now what?** – identify what needs to be done in order to improve future outcomes and develop learning

# Driscoll's What Model

# Focusing on the, 'What Model...'

**What?** - describe the situation: achievements, consequences, responses, feelings and problems

**So what?** – discuss what has been learnt: learning about self, relationships, models, attitudes, thoughts, understanding and improvements

**Now what?** – identify what needs to be done in order to improve future outcomes and develop learning

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In pairs:

- Choose person 1 and person 2
- Person 1 shares an activity they have recently been part of (you may choose meeting the mentors)
- Person 2 will ask the 3 questions, 'what, so what, now what.'  
*\*If you have any other clarifying questions, feel free to ask.\**
- Person 1 should note their answers

Swap roles after 5 minutes