

Reflective Practice Guiding Questions

1 Prepare for reflection

Set aside 30-60 minutes.

Choose a specific situation you would like to reflect upon e.g. specific event, moment, experience, interaction or conversation that:

- Took place recently or is ongoing
- Is significant, challenging and 'sticks' in your mind
- You want to revisit and explore further.

Spend a minute or two breathing slowly and deeply. Try breathing in for count of 4, holding for a count of 4 and breathing out for a count of 4, for 8-12 breaths.

2 Four-stage reflection

Work through the following four-stage process and write down the answers to the questions. Leave space between the answers so that you can add new thoughts as they arise.

Reflective Practice Guiding Questions

1. RE-INHABIT – describe the situation, the *facts*

When and where did the situation take place?

Why were you there?

Who else was there?

What happened?

What did you do?

What didn't you do?

What did they do?

What didn't they do?

What happened?

2. REFLECT

What were your feelings before this situation?

What were your feelings at the time?

What were your feelings afterwards?

What do you think the others in the situation were feeling?

3. REVIEW

What went well / was positive? Why?

What did not go so well / was less positive? Why?

What was your contribution?

What was the contribution of others?

4. REFRAME

What assumptions are you making?

What insights are now available to you?

What are you going to do differently as a result of these insights?

What mindset will best serve you in developing this different way of behaving?

What will you do to align your body and mind with the new way of behaving?

How will you know that you have succeeded?

Based on Graham Gibbs' Reflective Cycle

Enjoy the reflection, and I look forward to hearing about the questions and insights it brings!