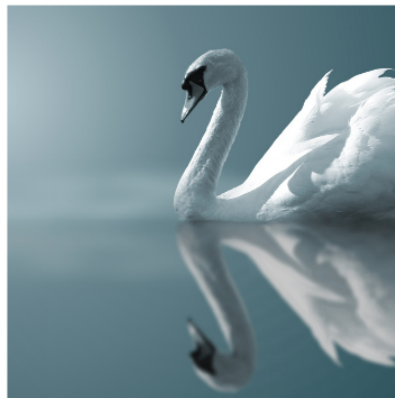


Coaching & Leadership Lens

WEEKLY INSIGHTS

TALEN TA LTD

THEME: REFLECTIVE PRACTICE



I first discovered reflective practice during my coach training and have continued to develop it ever since. It can be quite cathartic and sometimes I can have a real shift in my thinking when I have carved out quiet time and practised reflective writing without any distractions.

What Is Reflective Practice?

Reflective Practice is a form of self-supervision & helpful for evaluating our experiences. It focuses on our:

- Thoughts, feelings & assumptions

It requires deep thinking & should be honest & spontaneous.

Benefits of Reflective Practice

It helps us to link our ideas together & discover meanings from the things we see & experience.

It also provides us with an opportunity to communicate with ourselves.

Our understanding becomes broader & deeper as we question our approaches to situations & people.

How Do I Start?

Simple starting steps:

- Write whatever is in your head;
- Time yourself & write for 6 minutes without stopping;
- Don't stop to examine your writing or to criticise it; just keep writing, even if it doesn't make sense;
- Let your writing flow; don't worry about spelling, grammar, punctuation, etc.
- Give yourself permission to write anything;
- Whatever you write is yours & no-one else needs to read it.

As you become more comfortable with reflection & reflective writing, try thinking of an experience you have had & write about it as if it was a story - then read & respond to it.

Reflective Questions:

- What are your 3 proudest achievements this year & why?
- What 3 things have surprised you this year & how?
- What are the 3 most positive learnings about yourself this year? How will you utilise the learnings going forward?
- What 3 things are you most grateful for this year & why?

Reflective Action:

- Try practising reflective writing each day for 6 minutes for a week

Resources: Purchase a reflective journal - plain or with prompts