

Reflective Practice

A Key to Competence

Reflective practice is a professional and employment requirement of most practitioners in the public services. It is a competency highlighted by the Health Professions Council, the Modernisation Agenda and by all professional bodies. It is also recognised as being core to the development of many other professional competencies. This workshop aims to shed light on the, often illusive, practical skills underpinning reflective practice.

- **Are you bemused by the many definitions of reflective practice?**
- **Can you offer credible evidence of reflection and learning?**
- **Are you finding it difficult to find the time to reflect or to persuade your peers/staff/manager that it is a core activity?**
- **Is your re-registration becoming dependent on evidence of CPD?**
... then this 2-day workshop is for you!

AIMS OF THE WORKSHOP

- To identify the place of reflective practice in the light of current professional requirements
- To practise essential skills of reflecting
- To gain insight into development needs in relation to being a reflective practitioner

LEARNING OUTCOMES: By the end of the 2-day course, participants will have:

- an understanding of how learning occurs through reflection
- an ability to identify their strengths and learning needs in practice
- a framework for describing and evaluating practice
- an ability to evidence learning
- an ability to maintain the reflective process throughout their professional life

WORKSHOP OUTLINE: This **2-day workshop** and is a highly experiential process with the opportunity to apply the concepts taught and to practise skills. It requires participants to supply an example of structured reflection prior to the workshop.

Broad areas covered include:

- Why to reflect – the professional and adult learning case for reflective practice
- What to reflect on – a framework to support accurate and effective reflection
- How to reflect – skills practice at each stage of the reflective process
- Identifying and developing forums for and processes that support reflective practice in the workplace
- How to evidence changes in practice
- Ways of taking learning from the workshop back to the workplace

This workshop is the first Module of a four-day Reflective Practice Course. Details and flier for Module II, "Facilitating Reflective Practice – Supporting Practitioners to Evidence Learning", can be requested by Contacting Kate Malcomess.



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THE WORKSHOP IS SUITABLE FOR:

- Any Health, Education or Social Care Professional in the NHS and other public sector organisations wishing to evidence changes in their practice and to use reflection as a tool for professional development.
- Any manager in the in the NHS and other public sector organisations wishing to develop their own reflective process and to facilitate this in their staff.

PRE-COURSE REFLECTION FORM:

Applicants will be asked to complete and return a pre-course reflection form prior to the workshop. **This is a pre-requisite for attendance.**

FACILITIES: These will be provided by the service/organisation commissioning the workshop and should include:

- a large room with sufficient space for small group break-out
- an lcd/powerpoint projector and a flipchart
- refreshments, as appropriate
- photocopying of handouts.

COST: (*Fee covers 2 day's tuition and all course materials*)

- **For up to 6 participants – single-handed**
£2,400+ £360 VAT = **£2,760** plus travel and accommodation for one facilitator at cost + VAT
- **For up to 12 participants (optimum) – double-handed**
£3,400+ £510 VAT = **£3,910** plus travel & accommodation for two facilitators at cost+VAT

We advise against more than 12 participants, to ensure best learning outcomes- any additional participants will be charged at £345 per person(incl. VAT) to an absolute maximum of 15.

COURSE DEVELOPERS AND FACILITATORS:

Pauline Beirne, Janet Wilson and Kate Malcomess

A FACILITATOR/FACILITATORS WILL BE ALLOCATED TO YOUR COURSE ACCORDING TO THE DATES AGREED.

COURSES can be arranged by contacting Kate Malcomess on 0207 498 4701 or KateMalcomess@aol.com

