

Session 43: Transformational reflection

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Today we are exploring

- Reflecting on reflection
- Why do we need to reflect?
- Benefits of reflection for yourself, for your family and your clients
- Key features
- Models of reflection
- Building in reflection to your regular routines
- Taking learning to supervision to gain further awareness

Reflecting on reflection! (known as metacognition)

- ✓ Finish this sentence: Reflection is…
- ✓ What is your current approach to reflecting on in your coaching practice?
- ✓ How do you use your reflections to improve your practice?
- ✓ What helps you to reflect regularly?
- ✓ How does reflecting support your coaching practice?
- ✓ What gets in the way of your reflection?
- ✓ What would make your reflection even more powerful?
- ✓ What else do you notice?
- ✓ What do you want in place to maintain consistent reflection in your coaching practice?
- ✓ Explore the different resources relating to reflection in the course materials for ideas

Why do we need to reflect?

- Sometimes there is a difference between how we think something will unfold and how it actually unfolds
- Could be because of our experiences:
  - The tool we are using – is it the right one for us?
  - The way we are using the tool – are we using it correctly?
  - Our values, beliefs and attitudes about the situation
- Could be because of the coachee's experiences:
  - The tool we are using – is it the right one for the coachee?
  - The way we are using the tool – is the coachee using it correctly?
  - The coachee's values, beliefs and attitudes about the situation
- You may have an emotional reaction to the situation that could do with space to explore

Benefits of reflection for you as a coach

- Dedicated time and space for you to be honest with yourself about your coaching
- Notice what worked for you and your client, what didn't work, and what you could do differently in future
- Completely unique and personalised way of developing your own practice
- You know when you have a niggle, a hunch or feeling that you want to explore
- Helps you to be braver in recognising your own strengths and vulnerabilities
- Helps you to be braver in your coaching practice
- Helps you to become the best coach YOU can be

Benefits of reflection for your family

- Dedicated time and space for you to be honest with yourself about your parenting
- Notice what worked for you and your family, what didn't work, and what you could do differently in future
- Completely unique and personalised way of developing your parenting
- You know when you have a niggle, a hunch or feeling that you want to explore
- Helps you to be braver in recognising your own parenting strengths and vulnerabilities
- Helps you to be braver in your parenting
- Helps you to become the best parent YOU can be

Benefits of reflection for your clients

- Helps coachees to gain more awareness about themselves and their parenting
- Gives a process to track progress, that a coachee can use over time to notice what is working and what isn't
- Coachee can design their own reflective questions that work for them
- Topics uncovered in the reflection sheets can be brought to the next coaching session
- Coachee can use reflection in between sessions to start learning to coach themselves, and move towards independence

Key features of reflection

Reflection:

- Results in learning – through changing ideas and your understanding of the situation
- Active process of learning and is more than thinking or thoughtful action
- Recognises that practice is not without dilemmas and issues
- Not a linear process, but a cyclical one
- Leads to development of new ideas which are then used to plan the next stages of learning
- Encourages looking at issues from different perspectives
- Helps you to understand the issue and scrutinise your own values, assumptions and perspective.

Free course: Learning to become a reflective practitioner: 5 hours study through Open University: https://www.open.edu/openlearn/education-development/learning-teach-becoming-reflective-practitioner

Models of reflection: Boud's triangular representation

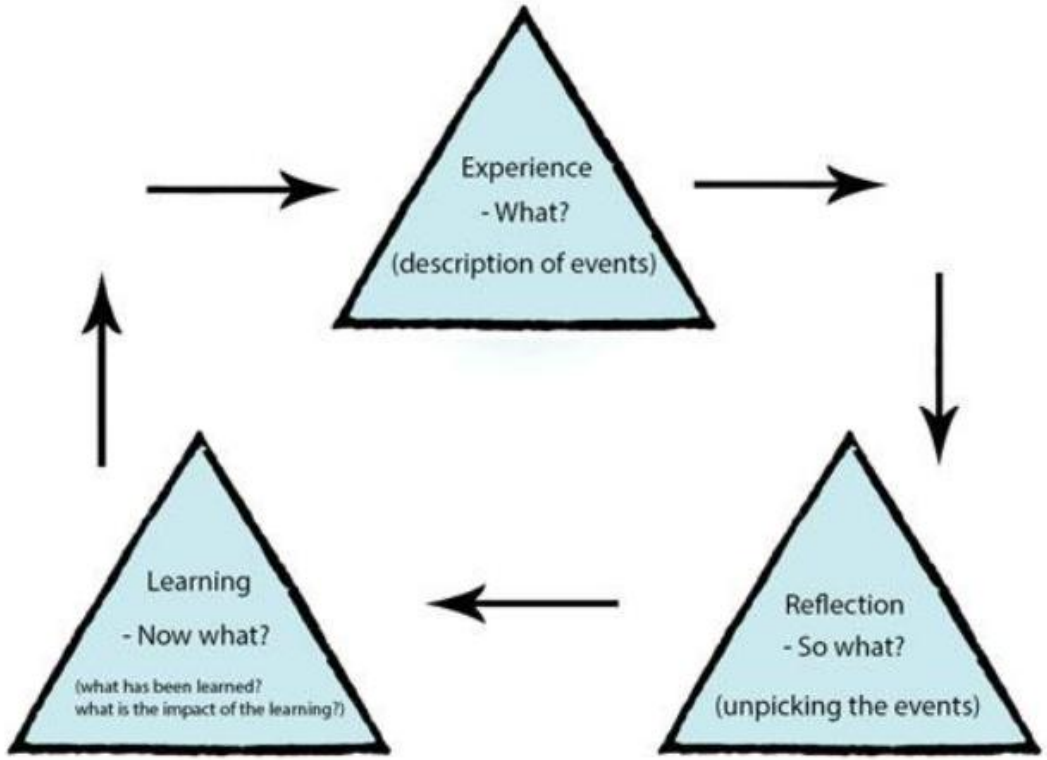
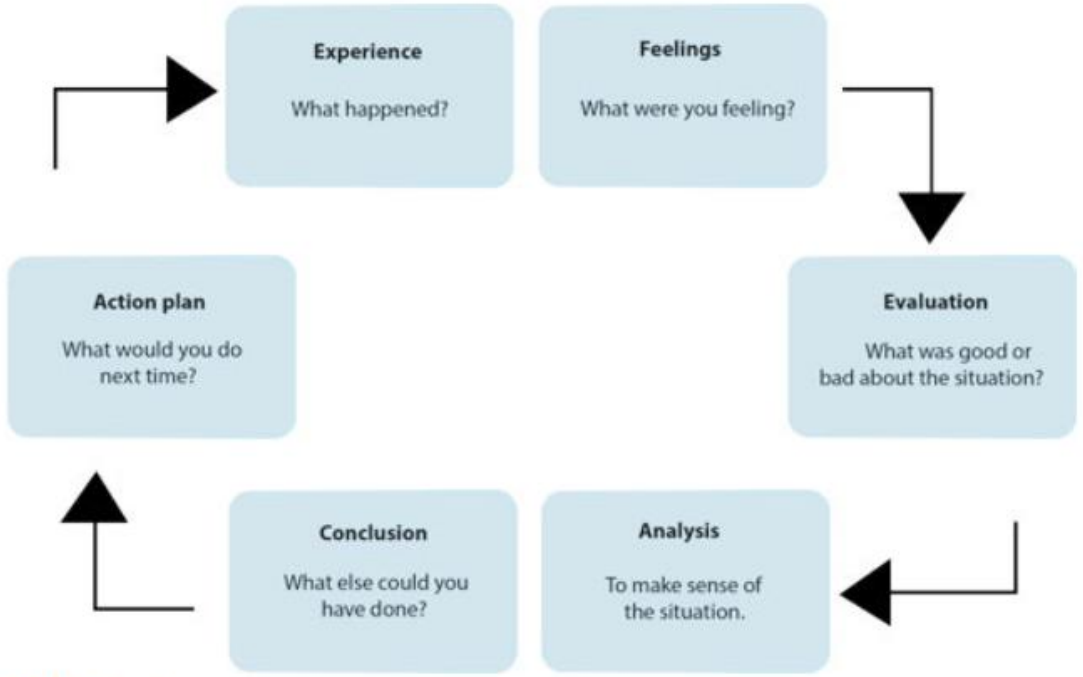


Figure 3 What does reflection consist of?

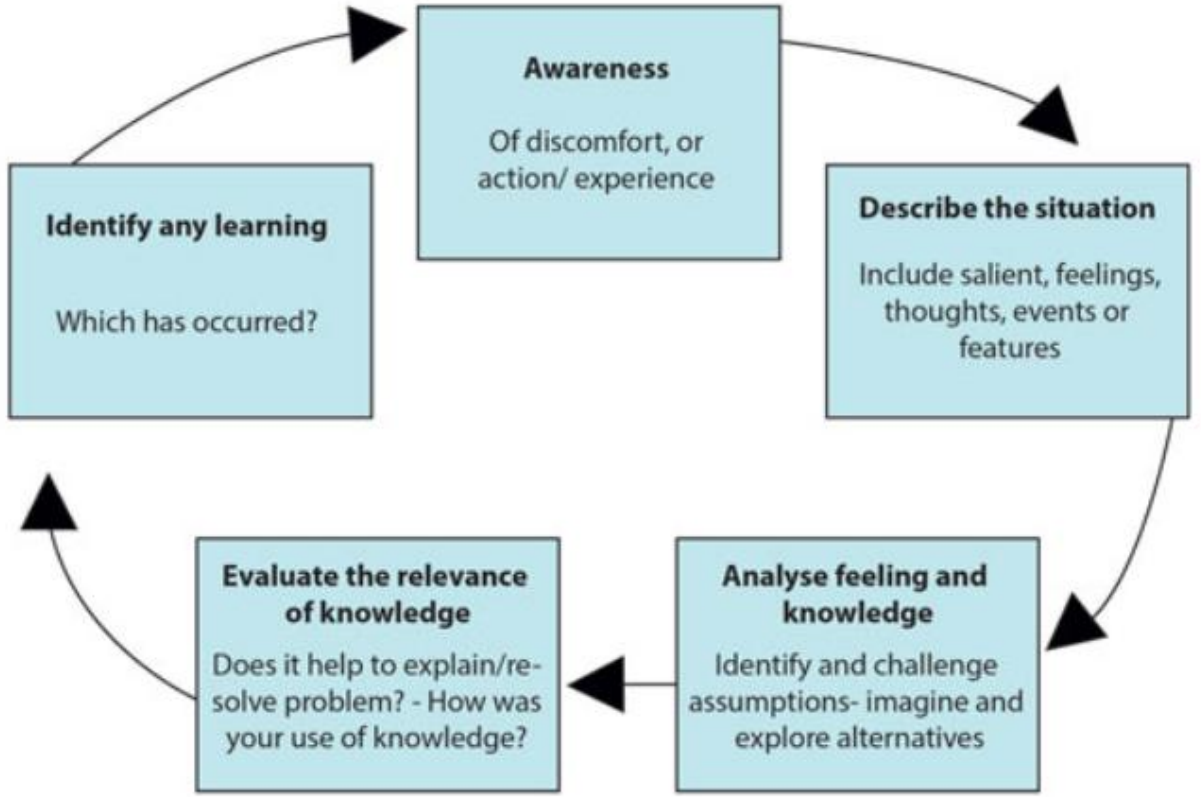
Models of reflection: Gibbs Reflective Cycle

6.2 Gibb's reflective cycle

Alternatively, other theorists have broken down the cycle into further stages, an example of which is Gibb's reflective cycle, see Figure 4.



Models of reflection: Gibbs Reflective Cycle



Building reflection into your routines

- What would help you to build reflection into your routines?
- How often do you want to reflect? Daily / weekly / monthly?
- What kinds of questions would you like to ask?
- Where do you want to reflect? Handwritten into a journal / computer?
- How will you create space to reflect?
- How will you celebrate when you have reflected?
- How often will you review your reflections? Monthly / 3 monthly?
- What else will help you build reflection into your routines?

Taking reflections to supervision

You may have:

- One particular reflection that feels really important to take to supervision
- Several reflections where you notice a theme
- Several reflections that seem unrelated and you would like to explore themes
- All your reflections over a period of time: 1 month / 6 months
- Agree how you will use reflection going forward with your supervisor