

Reflective Practice - the key to competence

This **2-day training package** aims to shed light on the, often illusive, practical skills underpinning reflective practice. Reflective practice is a professional and employment requirement of most practitioners in public services. It is a competency highlighted by all professional bodies and is a requirement for registration. It is also recognised as being core to the development of many other professional competencies, including evidence-based practice, collaborative formulation skills and effective negotiation skills.

This workshop can stand alone or fulfil the requirements of **Module I** of the four-day **Reflective Practice Course**. Details and flier for **Module II - "Facilitating Reflective Practice – Supporting Others to Evidence Learning"**, are available – please see below.

AIMS of the WORKSHOP:

- To identify the place of reflective practice in developing professional competencies and evidence-based practice
- To practise the essential skills of reflecting
- To practise the giving and receiving feedback as an aid to learning and development
- To gain insight into development needs in relation to being a reflective practitioner

LEARNING OUTCOMES: Participants will have:

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

WORKSHOP OUTLINES: The workshop 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 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

THE WORKSHOP IS SUITABLE FOR:

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



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PRE-COURSE REFLECTION FORM: Participants 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 should be provided by the service/organisation commissioning the package and, for each workshop, should include:

- a large room (big enough for break-out groups)
- a data/powerpoint projector, screen and flipchart
- refreshments as appropriate
- photocopying of handouts

COSTS: (*Fee covers tuition*)

For up to 9 participants (single-handed facilitation)

£2,900+ £580 VAT = **£3,480** plus travel/accommodation expenses at cost plus VAT

For up to 18 participants (double-handed facilitation)

£4,700 + £940 VAT = **£5,640** plus travel/accommodation expenses at cost plus VAT

COURSE DEVELOPERS and FACILITATORS: For more details please see www.careaims.com – Meet the Team

Kate Malcomess, Janet Wilson and Pauline Beirne

A facilitator/facilitators will be allocated to your course according to the dates agreed.

Please see www.careaims.com for more details or to book a course please use the contact details below.

This workshop can stand alone or fulfil the requirements of **Module I** of the 4-day **REFLECTIVE PRACTICE COURSE** which equips practitioners to facilitate reflective practice in others and to facilitate peer and multi-disciplinary reflective practice groups

For details/flier for **Module II - “Facilitating Reflective Practice – Supporting Others to Evidence Learning”**, please use the contact details below:

www.careaims.com

E-mail us at: contact@careaims.com or

Phone us on: **01360 660 072**

