

# An Introduction to Reflective Practice

This **1-day workshop** aims to introduce you to the key concepts and approaches to 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.

## By the end of the workshop participants will have:

- An understanding of the place of reflection in evidence-based practice, professional development and professional registration
- An understanding of the core principles underlying reflective practice.
- An understanding of evidencing learning using reflective writing.

**WORKSHOP OUTLINE:** This workshop is an **introduction** to Reflective Practice so is more knowledge-based than skills-based. Broad areas covered include:

- The nature of professional expertise and professional requirements
- How to evidence learning through reflection.
- Why to reflect – the professional and adult learning case for reflective practice
- What to reflect on – a framework to support accurate and effective reflection

## THIS WORKSHOP IS SUITABLE FOR:

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

**FACILITIES:** These should be provided by the service/organisation commissioning the package and, for each workshop, should include:

- a large room (cabaret seating or big enough for break-out groups for up to 100 people)
- a data/powerpoint projector, screen and flipchart
- refreshments as appropriate
- photocopying of handouts

**COSTS:** *(Fee covers 1 day's tuition)*

### For up to 30 participants (optimum)

£1,500 + £300 VAT = **£1,800** plus travel/accommodation expenses at cost plus VAT

### For up to 50 participants

£1,900 + £380 VAT = **£2,280** plus travel/accommodation expenses at cost plus VAT

Please see [www.careaims.com](http://www.careaims.com) for more details or please contact us as follows:

E-mail us at: [contact@careaims.com](mailto:contact@careaims.com) Phone us on: **0131 516 8493**

