Reflectivity – Activity 1

"One can be very experienced and have little experience. Useful experience does not just happen - it has to be captured! One has to learn how to learn from one's experience." [Lenney, P 2015]

Reflectivity is the combination of a disciplined reflective habit and evaluative skill.

The purpose of this part of the course is to help you develop your ***reflective learning skills*** and imbue you with the ***reflective habit*** – to help you gain the skill and the will!

Some provocations that attempt to kick-start your reflective practice are set out below.

The provocations are pretty self-explanatory. It is easy to do, but *not* so easy to *well*.

Do not rush. Do not do it all at once – do it and then return to it later, ponder and dwell on it. And be honest with yourself!

Peter Lenney-Mindful Manager-Peter Lenney

A Reflection on the Past Year

Choose 2 episodes that you experienced in the last 12 months where you believe your conduct **was** good/effective/highly proficient. Using the framework in the diagram at the end of this document, move around the reflective circle 1-6 and complete the table below.

Name:	

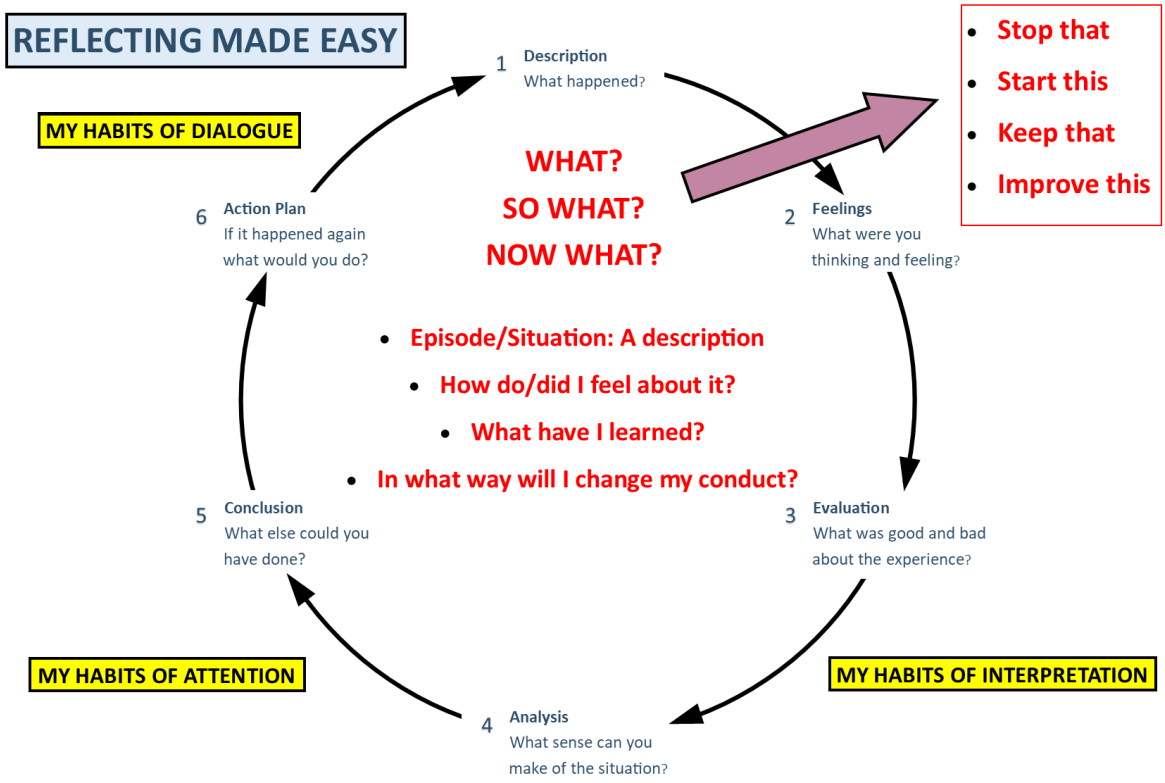
	GOOD EPISODE 1	**GOOD EPISODE 2**
WHAT [1]		
SO WHAT [2/3/4]		
NOW WHAT [5/6]		

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Choose 2 episodes that you experienced in the last 12 months where you believe your conduct **was NOT** good/effective/highly proficient. Using the framework in the diagram at the end of this document, move around the reflective circle 1-6 and complete the table below.

	POOR EPISODE 1	**POOR EPISODE 2**
WHAT [1]		
SO WHAT [2/3/4]		
NOW WHAT [5/6]		

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