

The Benefits of Reflective Practice

An example of The benefits of reflective practice. It is divided into three groups , each group being represented with an icon.

Group 1. Learning, is represented with the icon of a book with an apple placed on top and includes

- Critique habitual processes
- Challenge assumptions
- Appraise dominant paradigms
- Deepen understanding of practice
- Recognise mistakes
- Identify barriers
- Appreciate positive experiences
- Pinpoint strengths and weaknesses.

Group 2. Performance is represented by the icon of a man pointing at a graph going upwards and includes

- Enrich critical thinking
- Advance process
- Solve problems
- Improve effectiveness and outcomes
- Refocus goals on what matters to stakeholders
- Adapt and innovate
- Develop Skills
- Embed a culture of continual learning.

Group 3. People is represented by the icon of three people standing side by side and includes



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- Encourage honesty
- Understand different perspectives and viewpoints
- Nurture Empathy
- Build trust
- Grow confidence
- Deepen self-awareness
- Support shared understanding
- Recognise success.