Reflective Practice

Learn via: **Classroom**

Duration: **1 Day**

https://bilginc.com/en/training/reflective-practice-459-training/

Overview

'By three methods we may learn wisdom: First, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is the bitterest.'

Confucius, Chinese Philosopher

Most of us gain much of our learning from 'doing'. Reflective practice is a way of putting a structure to our experience, ensuring that we maximise our learning and continually improve.

It's a key development tool in many professions, including IT, health, social work and education, and is now being increasingly used in sectors such as, engineering and manufacturing as organisations recognise the benefits for professional development, innovation and problem solving.

Common concerns we hear from people who attend this course include:

- How can I ensure that I learn from my experiences?
- How can I ensure continuous professional development?
- How can I continually enhance and develop my, and my team's performance?
- How do I run an action learning set?
- How can we share and develop best practice at work?

A recent report highlights the increasing importance of reflective practice in the 'post-truth' world, where 'fake news' and 'filter bubbles' often make it difficult to separate truth from fiction. Reflective practice helps ensure an evidence-based approach and so-called 'epistemic cognition' – encouraging managers, leaders, specialists and others to question assumptions and 'the way we do things around here'.

Reflective practice, in its most basic form, is just learning from experience – taking what happens to you in work and life, and reflecting on what works and what could be improved.

Reflective practice has great benefits both inside and outside the workplace, helping develop careers, hobbies, and life skills such as relationships and parenting. Though reflective practice is a key skill for many professionals, it does not always come naturally and needs to be learned and developed in order to be truly effective.

This course will help you develop your individual and group reflective practice skills.

What delegates say

"I already have ideas how to use this."

"The discussion and participation was extremely valuable."

"[Our trainer was] very knowledgeable and the course informative and enjoyable. Practical sessions were fun and helped reinforce the learning. All great! Thanks."