

The strengths approach to reflective practice (one or two days)

Reflective practice is identified in the literature as a key means of assisting deeper learning which is not generally afforded through formal learning and formal supervision.

Reflective practice rests on finding and using the *right questions* to help learning and to find solutions. It promotes thoughtfulness, problem solving and critical thinking, strengthens learning and builds autonomy by avoiding the imposition of answers or assumptions about the solution to problems or challenges.

Reflective practice can be used in supervisory relationships and in a planned way in case consultations, goal setting, work practice reviews, group supervision, reflective forums, mentoring and coaching. It can be used to appraise case work, project work, team leader and management practices, or in response to any issue or challenge that emerges in service delivery or projects that support it. It can be utilised peer to peer, in formal and on-the-run supervision, in groups, in teams and in larger forums.

This workshop defines and explores reflective practice and its benefits and objectives; introduces and explores strengths-based frameworks for reflective practice; identifies and explores ways to implement reflective practice; and provides opportunities for participants to practice using frameworks for reflective practice.

