

Center Yourself: Find Your Balance through Reflective Practices

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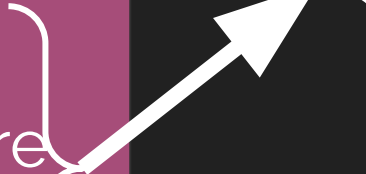
- First I'll give a very brief introduction
- Then, I'll talk about two models of reflection
- Next, there will be time for you to practice with each of these models
 - Choose your own adventure:
 - Feel free to stay and participate; stay and *not* participate; or to leave for any reason whatsoever!
- Finally, we'll give the whole group space to digest these models and to talk about how and where these models are useful to you

It is 100% fine for you to have videos off OR on.

Please do mute your audio unless we're having a discussion.

Many thanks!

A very short introduction...

- Why did am I even doing this?
 - What is reflection really about?
 - What characteristics are helpful?
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Open & not defensive
Honest
Curious
Patient
Tolerant of a range of ideas
Permission to give yourself time to stop and think

How is this going to go?

- I'm going to introduce the first model
- Then, you will have 5 minutes of quiet time to do this work (if you choose).
- If you'd like to join a breakout session - you are in control of which you join - no judgements on whether you join or not or participate or not - but this is intended to be time for you to practice this particular model.
- Then (after we work on both models) we'll come back and do a quick meta-reflection on your experience with a jamboard.

You will NOT have to share anything personal about your reflection.

Critical Incident Reflection

- What's this model about?
- When could it be useful?
- Prompts are broadly:
 - What?
 - So what?
 - Now what?
- 5 minutes of active reflection time
 - Feel free to use the breakout rooms - or not!
- Let's jamboard & chat

Jamboard:

- What was helpful about using this model?
- What was challenging about this model?
- Other thoughts?

Critical Incident Reflection

THE PROMPTS:

1. What happened, where and when? Give a brief history of the incident.
2. What is it that made the incident 'critical'?
3. What were your immediate thoughts and responses?
4. What are your thoughts now? What has changed/developed your thinking?
5. What have you learned about (your) practice from this?
6. How might your practice change and develop as a result of this analysis and learning?

Strengths Based Reflection

- What's this model about?
- When could it be useful?
- Prompts are broadly:
 - What is bringing you satisfaction?
 - How & why are you so awesome?!
- 5 minutes of active reflection time
 - Feel free to use the breakout rooms - or not!
- Let's jamboard & chat

Jamboard:

- What was helpful about using this model?
- What was challenging about this model?
- Other thoughts?

Strengths Based Reflection

THE PROMPTS:

1. What is giving you most joy and satisfaction in your work right now?
2. What were you doing recently, in managing your time, that enabled you to use your strengths?
3. What actions were you taking when you were successful at prioritizing those things that you are really good at doing?
4. What was happening when you found yourself thinking, that really worked well?
5. What did someone say or do to make you feel that your professional experience was greatly appreciated?
6. What strengths do you feel you have to “fight fires” at work? (fire fighting is about constantly fixing problems and dealing with what is urgent rather than what might be important).
7. What did you do that prompted a colleague to say “thank you, it’s nice to be respected”?
8. What were you doing that prompted a colleague to say “It’s great working here, it’s nice to be valued”?
9. What did you say to a colleague that enabled them to say “thanks for understanding my situation”?

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A final thought about reflection:

Could using these tools as a manager (new or seasoned) be useful?

I think so, and I am curious what you think as well?

Whew! That was a whirlwind! Thanks for being “here” with me! I appreciate you!

Some links!

I pulled the list of characteristics on slide 2 from [this Birmingham City University](https://bcuassets.blob.core.windows.net/docs/207-developing-skills-of-reflection-131922843858666015.pdf) [link: <https://bcuassets.blob.core.windows.net/docs/207-developing-skills-of-reflection-131922843858666015.pdf> document.

Link to the Critical Incident Reflection example handout:
http://www.crec.co.uk/_literature_138397/BCU_-_Example_Critical_Incident_Reflection

For more on Strengths Based Reflection:

Ghaye, T. (2010). A Reflective Inquiry as Participatory and Appreciative Action and Reflection. In N. Lyons (Ed.), Handbook of Reflection and Reflective Inquiry: Mapping a Way of Knowing for Professional Reflective Inquiry (pp. 553–569). Springer US. https://doi.org/10.1007/978-0-387-85744-2_28