



## Worksheet: A guide to maximising your experience through reflection

“It’s what you do about what happens that counts”  
Jim Rohn

Reflection is essential. If you take just one tool from this course – let it be reflection.

### What should you reflect on?

- Positive and negatives of an experience
- Specific: about your delivery and knowledge
- Personal: adds meaning from experiences
- Critical: asks questions about your values and actions

**When should you reflect?** Here are some options with some strengths and weaknesses

#### Immediately

- Within first few hours
- Before sleep
- It can be more emotional then
- Captures accuracy of facts

#### After time has passed

- Colder de-brief
- 2-5 days after the event
- Reduces raw emotion
- More balanced view



### Reflective Practice – Formal Process (Gibbs)



- Description.

What happened?

- Feelings. What were you thinking and feeling?

- Evaluation. What was good and bad about the experience?

- Analysis. What else can you make of the situation?

- Conclusion. What else could you have done?

- Action Plan. If it arose again what would you do?



### Super quick reflection

- What went well?

---

---

- What could have been better?

---

---

- Focus for tomorrow...

---

---

