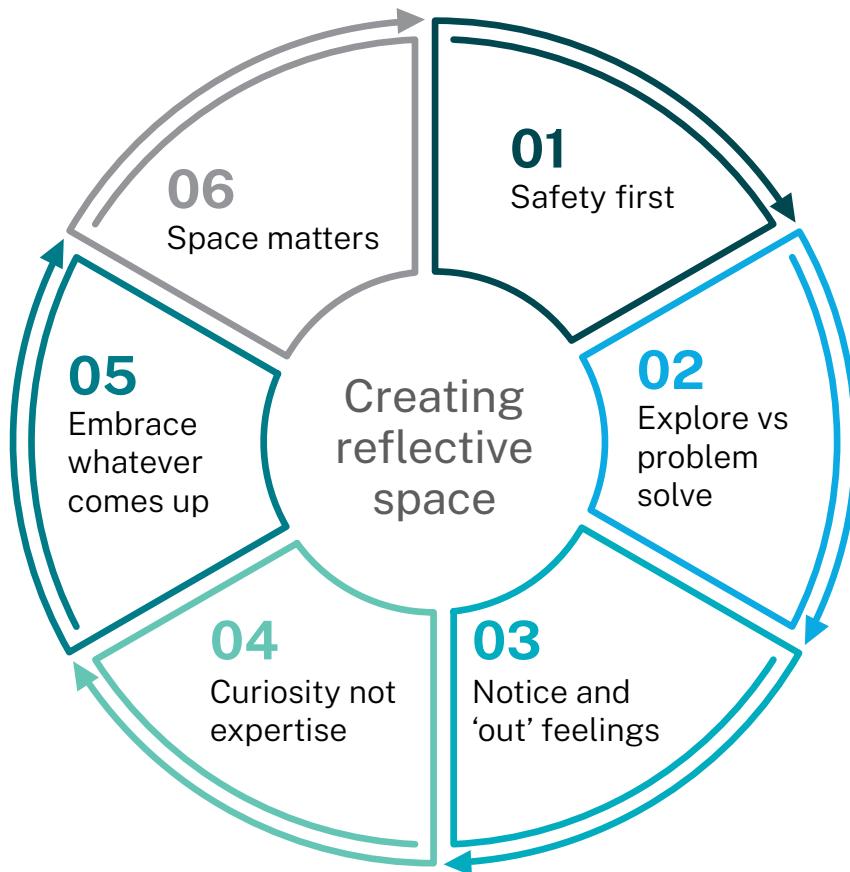


Reflective Practice

Tips

Creating Reflective Space

Use this tip sheet if hosting a reflective practice session (1:1 or in a group) and want to create a safe space to reflect



- 01 Psychological Safety** is based on the quality of trust. When people don't feel safe, they are unable to truly share their experience. People need to feel they won't be judged
- 02 An exploratory conversation** is not a problem-solving exercise. The way forward more likely arrives when we pause and open possibilities, than when we push for a fast solution
- 03 Create space to explore** what people are feeling, thinking, sensing and how these might cloud people's actions, reactions and motivation
- 04 Be curious about everyday** taken-for-granted experiences as though they were exotic. Treat positive and negative experience with the same "how fascinating"
- 05 "Holding space"** means that people can be with each other without trying to fix, judge, win affection or affect any kind of outcome. (Anna Holden, 2012)
- 06 Hold space** for whatever comes up (without shame and avoidance). Create space for people to unearth what they know, yet might not have had the time and space to process