**Reflective Practice Template**

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| **What event or topic are you reflecting on?**Give a brief description. You don’t need to give all the details, but rather focus on the event itself.Too broad a focus can make it difficult to give the topic the attention it needs and might be hard to give direction to your reflection, especially if you are reflecting in a group setting and everyone will want to make input.Remember to keep things confidential |  |
| **Would you call this a positive or challenging event?**What feelings would you use to describe the event? Even when things go right, they can still be challenging. Think about the outcomes of this event and whether you feel they could have been improved. |  |
| **What happened?**Give a brief description of the eventHow did you respond? How did your team respond? What did you feel during the event? What did you feel afterwards |  |
| **Looking back**Are you satisfied with how you responded? If not, why not?Do you think you worked effectively with your colleagues? If not, what would help effective work in the future?Did you had all the support you needed? If not, what would have helped?If in a group, was the group satisfied with how it responded? If not, why not?Did the group work as an effective team |  |
| **Looking forward**If there is a similar event in the future, would you do anything differently?What did you learn from this experience and/or your reflection on it?How will this learning improve your practice?How will this learning be used to the benefit of service users?Are there lessons to be learned for your team/ your colleagues/ the policies or systems you follow?Did the things your learned after this event help you achieve any of your development objectives? Did this event help you identify new learning objectives? |  |