

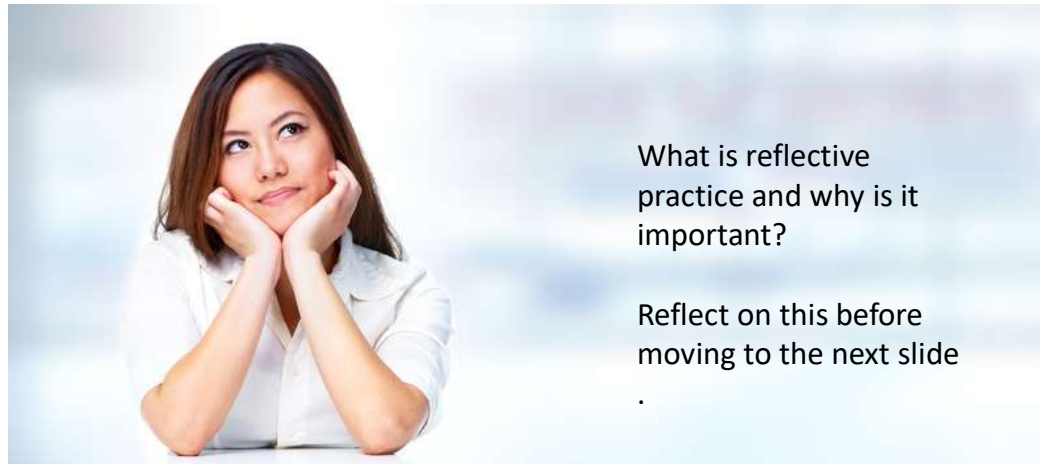
Self reflection and reflective practice

Guide for tutors, assessors and
verifiers

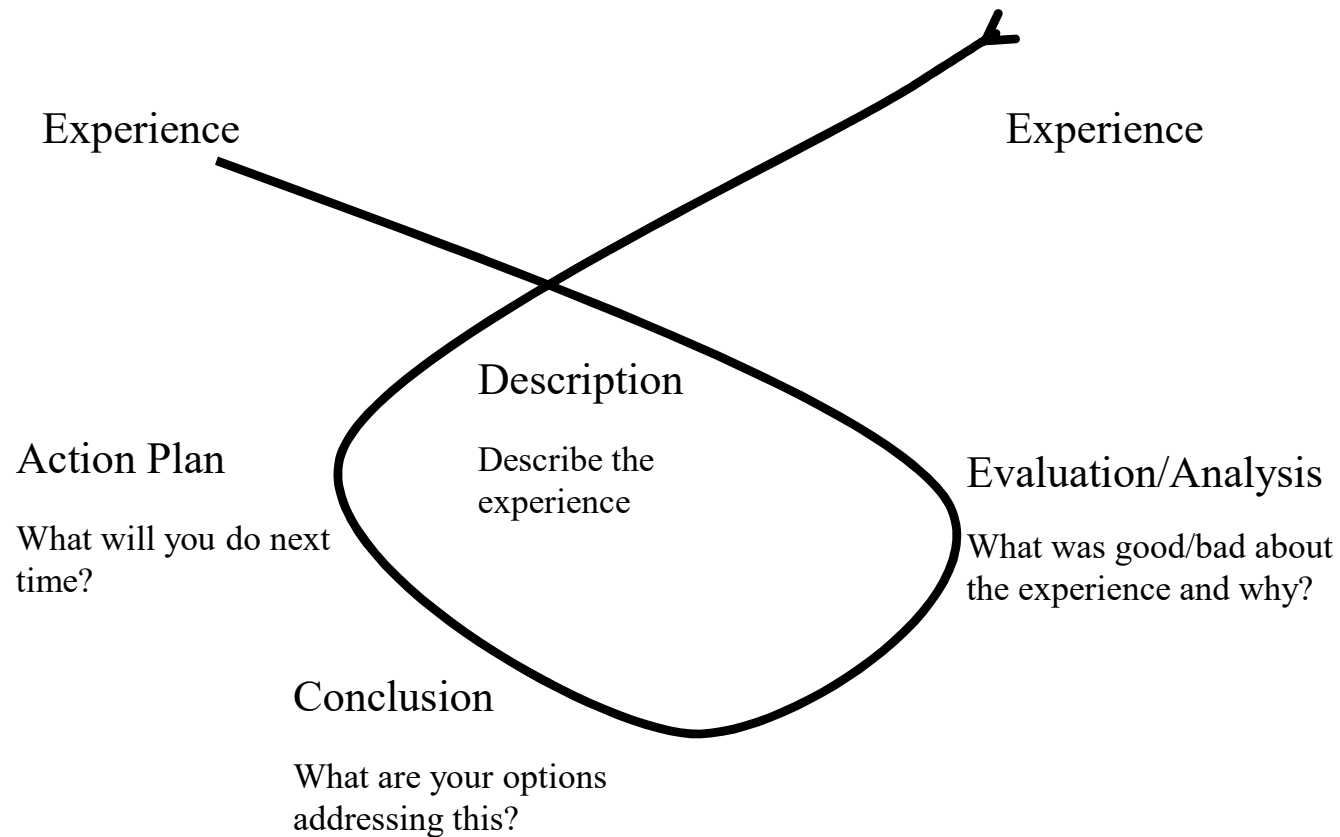
Self-reflection and reflective practice

- Reflecting on practice is a skill that needs developing in all areas of coaching, tutoring and assessing
- This series of slides gives some ideas for those working with coaches, tutors and assessors as well as those verifying practice to guide how to support people in their own reflective practice

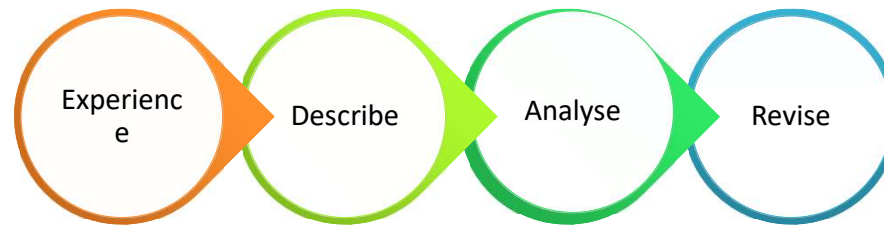
Reflective practice



The self-reflection cycle



Reflective circle process



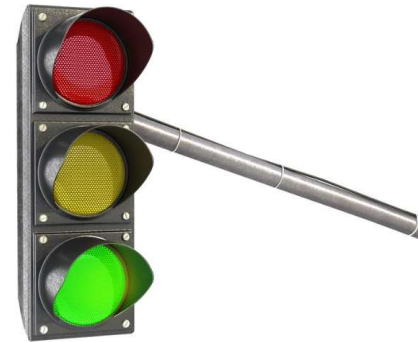
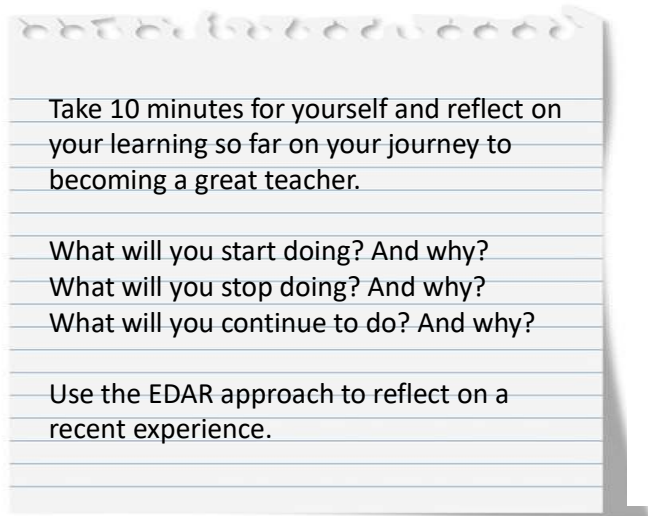
Experience – the learning you received or gave and would like to improve or reflect upon.

Describe – who was involved, what happened, when and where it happened.

Analyse – think deeper, think how and why it happened.

Revise – what would you do differently, what would you keep the same, try it out next time.

Self-reflection





Transforming sport and physical activity
through empowering and inspiring
people.