

Learning from Reflection

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What is Reflective Practice?

- The foundation of professional development
- Learning to pay attention – listening to ourselves
- Coming face to face with our assumptions
- Noticing patterns
- Changing what we see and the way we see

What's the point of Reflection?



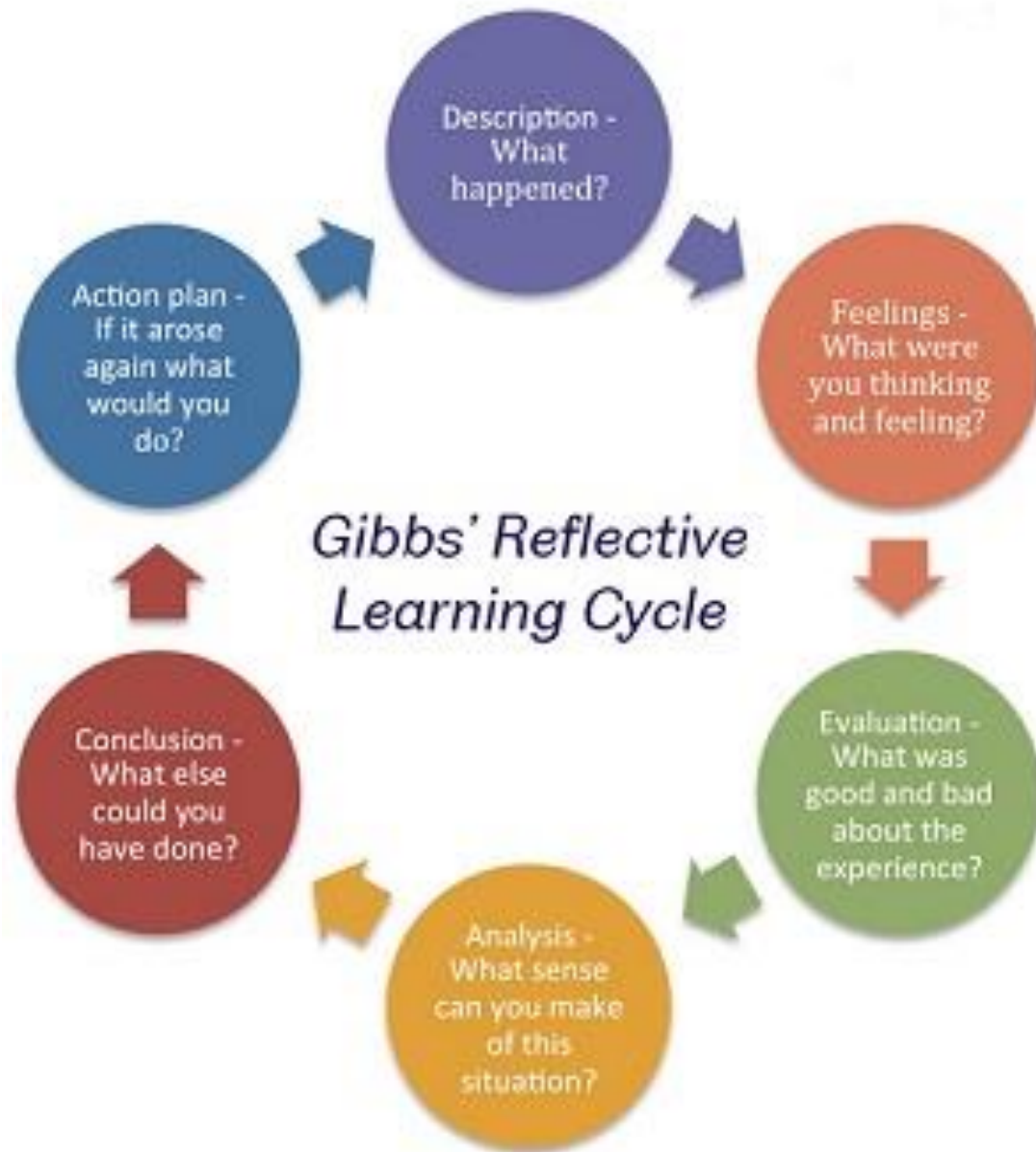
The value you receive from
reflective thinking will
depend on the kinds of
questions you ask yourself

John C. Maxwell

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Group Exercise



Role of Reflection in Professional Learning

- Reflection deepens learning
- Allows you to view issues from different perspectives
- Challenges assumptions
- Creates the opportunity to gain a deeper understanding of self as learner + acquire knowledge = Double loop learning