



HR Network Event

'Reflective Practice' skills: a practical workshop for HR specialists

Date: Thursday 16 April 2015

Venue: Broadway House, Tothill St,
London, SW1H 9NQ

Facilitators: Alison Carter and Mary Wayne Bush, IES Associates

Programme:

- 09.30 *Registration and refreshments*
- 10.00 Welcome and introductions
- 10.10 What is 'Reflective Practice', what does it look like, what can it achieve and why is it important?
- 10.30 **Activity:**
Gaining more personal control, awareness or poise
- 11.00 *Coffee break*
- 11.15 Elements of reflective practice: Awareness, intention, attention and learning
- 11.35 **Activity:**
Improving our capacity to learn lessons
- 11.55 Exploring tools that can help us: Meditation, journaling, planning and checking in, comparing action with intention, gap assessing
- 12.15 **Activity:**
Action planning
- 12.35 Discussion and questions
- 13.00 *Lunch & depart*

HR Network bookings and enquiries

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