

Reflections & Ripples



Reflecting & thinking more about our learning from everyday experiences at work which leads to **Ripples** big and small

About Reflections & Ripples

This resource has been developed to offer a general structure for you to think more deeply about your experiences at work, and how you can use these experiences to learn more about yourself and the people you work alongside including the people you care for and support, and those you work alongside.

For those using this resource as part of a mentoring program, the reflections you gather through using this resource can then be brought to conversations with your mentor for shared reflection and learning.

At the heart of **Reflections & Ripples** are the beliefs that:

- You are already reflecting, learning, creating positive ripples everyday.
- There are opportunities each day to learn something new, that we can then use to help things be even better.
- Thinking more deeply about what we did well, things that went well, new discoveries we made, things we found tricky, things that didn't go as we would have liked- helps us to be able to take learning from these experiences and use this learning to create positive outcomes in lots of different ways.
- It can be tricky to know where to start or where to go when reflecting on an experience, and that some guidance in this can be helpful at times.
- Sharing our experiences outloud, telling others about our learning using normal language is a great place to start if we want to continue to grow and develop in our work.
- Working in midwifery services is incredibly skilled work, and that sharing our experiences can be a powerful way of recognising and celebrating the whole range of skills people show everyday.

Keeping the Headings in our Head

This Reflections & Ripples leaflet has a number of headings, with some questions and suggestions for you to consider under each of these headings.

The headings are:

Hello

The Sweetest Thing

Bridge Over Troubled Waters

Knowing Me and Knowing You

Let it Go

Good Vibrations

Whatever Next and Imagine

Do they look familiar?

We hope that by using (well-known!?) song titles that this may help you in keeping these in your head as you go about your work. This may then support you in weaving 'on the job' reflecting as part of your everyday practice. If you don't recognise the songs- no worries- just think of each of the headings as a catchy turn of phrase.

Each song title reflects a theme or focus for reflection. Under each of the song titles you will find questions that are designed to explore how you can go deeper into your everyday experiences, in

order to make the most of the learning that is available for yourself and others.

The process for using the Reflections & Ripples resources is to first select an experience that you would like to reflect on.

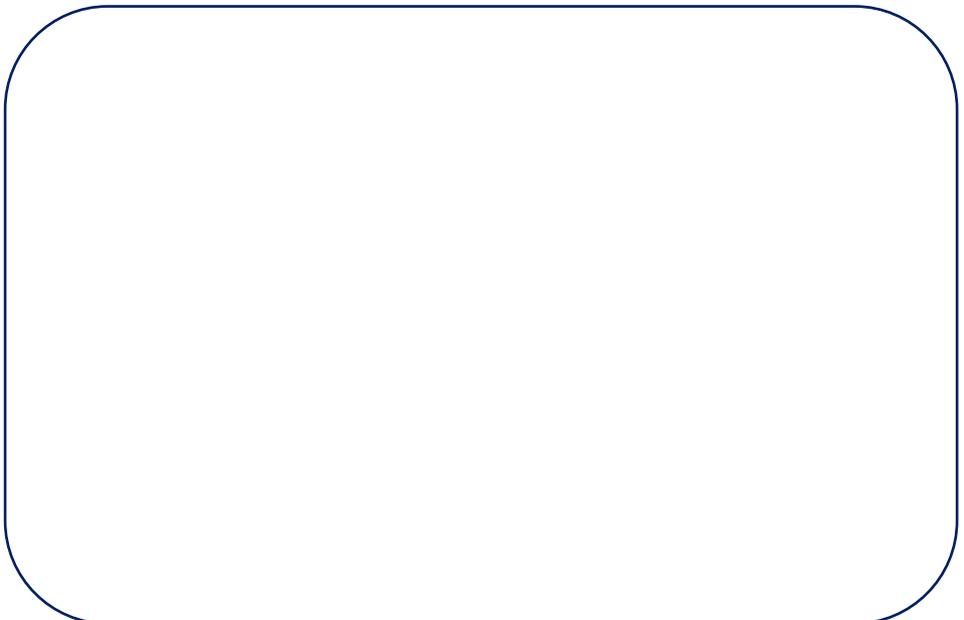
The experience could be something quite everyday, something that puzzled you, something you would like to celebrate or something that concerned or challenged you.

Once you have decided which experience you will focus on write a short account of it under the 'Hello' theme. Then select which of the other themes you would like to use to reflect further on the experience. You might want to start with one or two themes to begin with- it is not necessary to respond to all seven.

The section below gives an overview of the song titles (themes) and offers some ideas to frame your responses.

Theme: Hello

What this theme is about: a brief description, just a few lines are enough, of what happened, that you are going to think more about.



Theme: The Sweetest Thing

What this theme is about: What aspects of what happened in your story were you most excited/energised/hopeful about? What hints does this give you about what is important to you?

Typical Sentences Might Begin with:

I felt..... when.....

It surprised me when... The best thing about this story was...

Something I really valued was... I was buzzing to tell others...

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Theme: Bridge over Troubled Waters

What this theme is about: If there were aspects in the story that were tricky for you, what did you learn from these tricky parts?

Typical Sentences might Begin with:

I felt... What this situation showed me was... What it is making me think about is... Something I might do differently going forward...

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Theme: Knowing Me and Knowing You

What this theme is about: What have you learned about yourself that feels important or new? What have you learned about what helps you to get to know more about others?

Typical Sentences Might be: I'm going to use what I learned about myself in this experience to... I have seen how..... is important when getting to know others. Something I do that helps me to get to know others is... Through this experience I have learned that I...

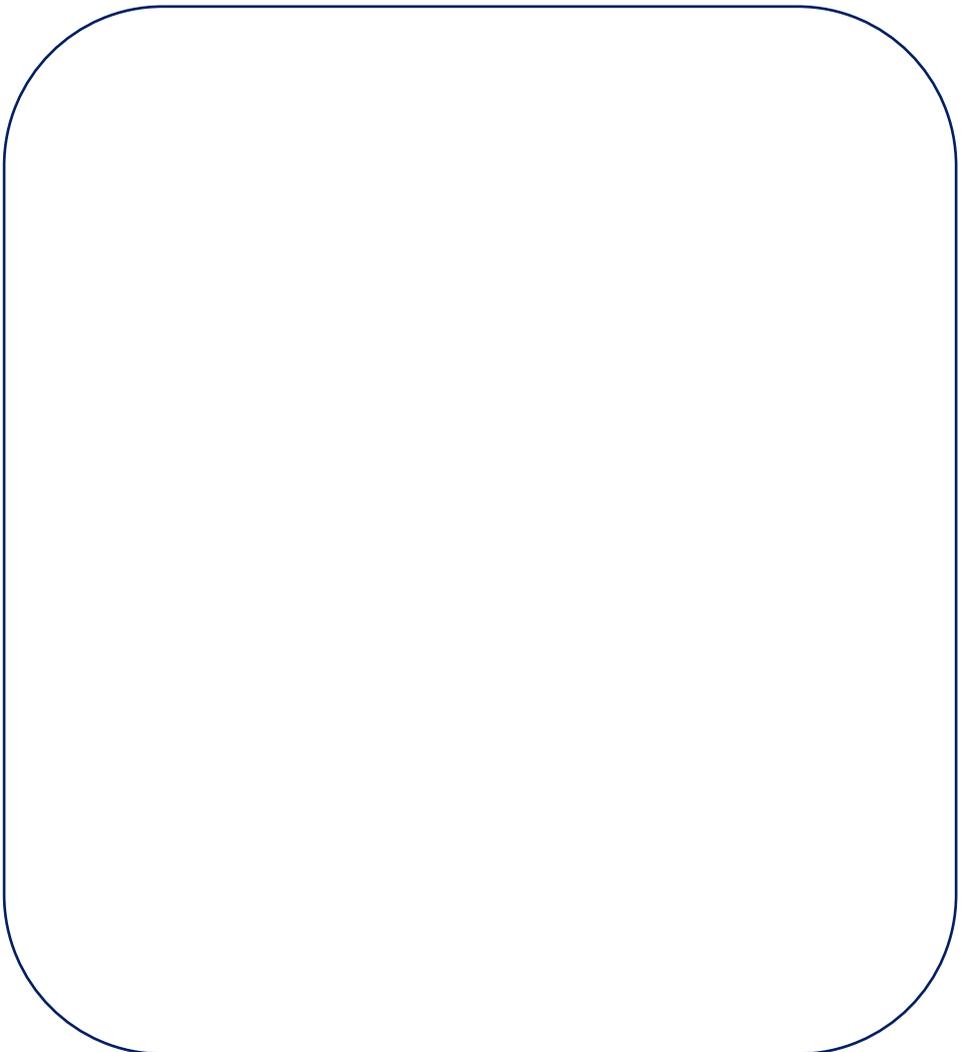
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Theme: Let it Go

What this theme is about: Thinking about the potential learning from this story might there be anything you would like to/ or need to let go of (unlearn) in order for new learning to grow?

Typical Sentences Might Include:

An idea I'd like to leave in the past is ... I've always thought I needed to ..., now I see ... It feels exciting to turn my attention to ...
A new perspective I'm taking away is ...

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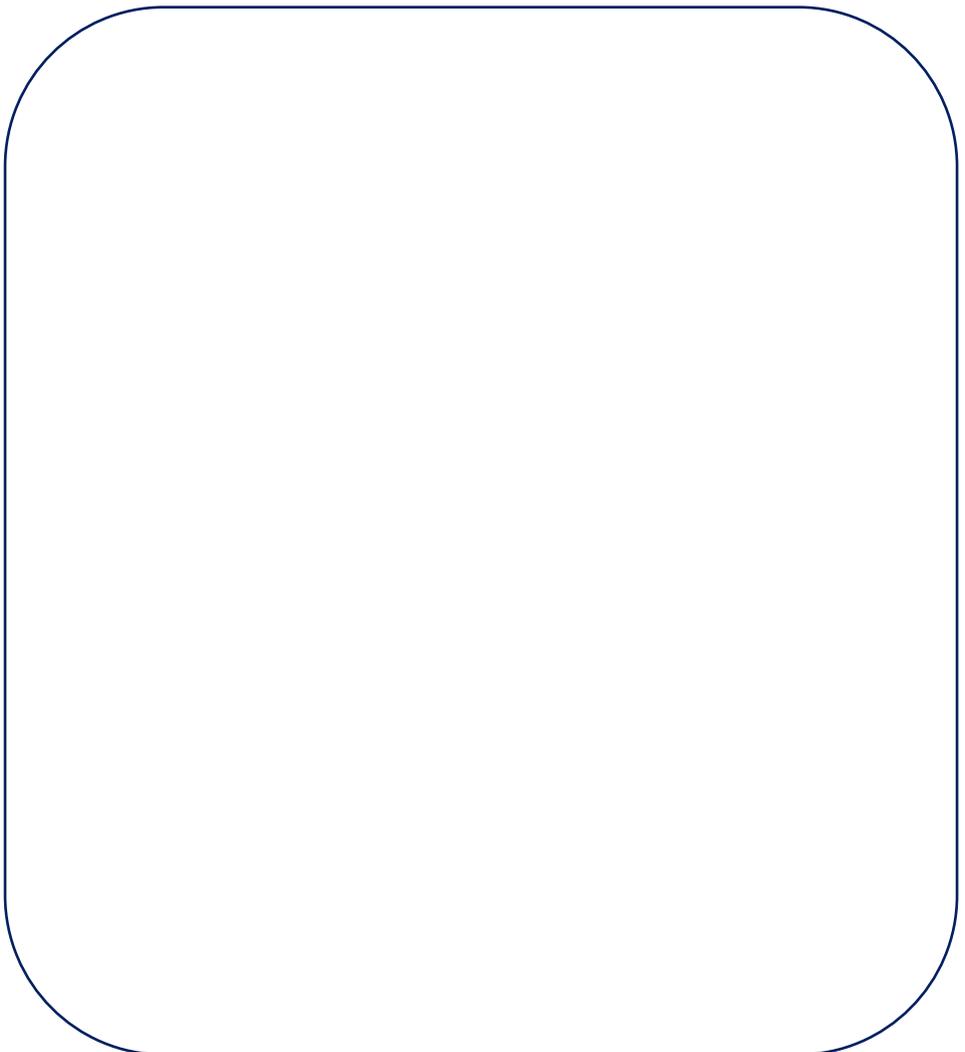
Theme: Good Vibrations

What this theme is about: Were there any positive ripples (however small) from bringing your learning/insights from this experience into other situations?

Typical Sentences Might begin with:

It made a difference because... Something that happened next...

It led to me/us...

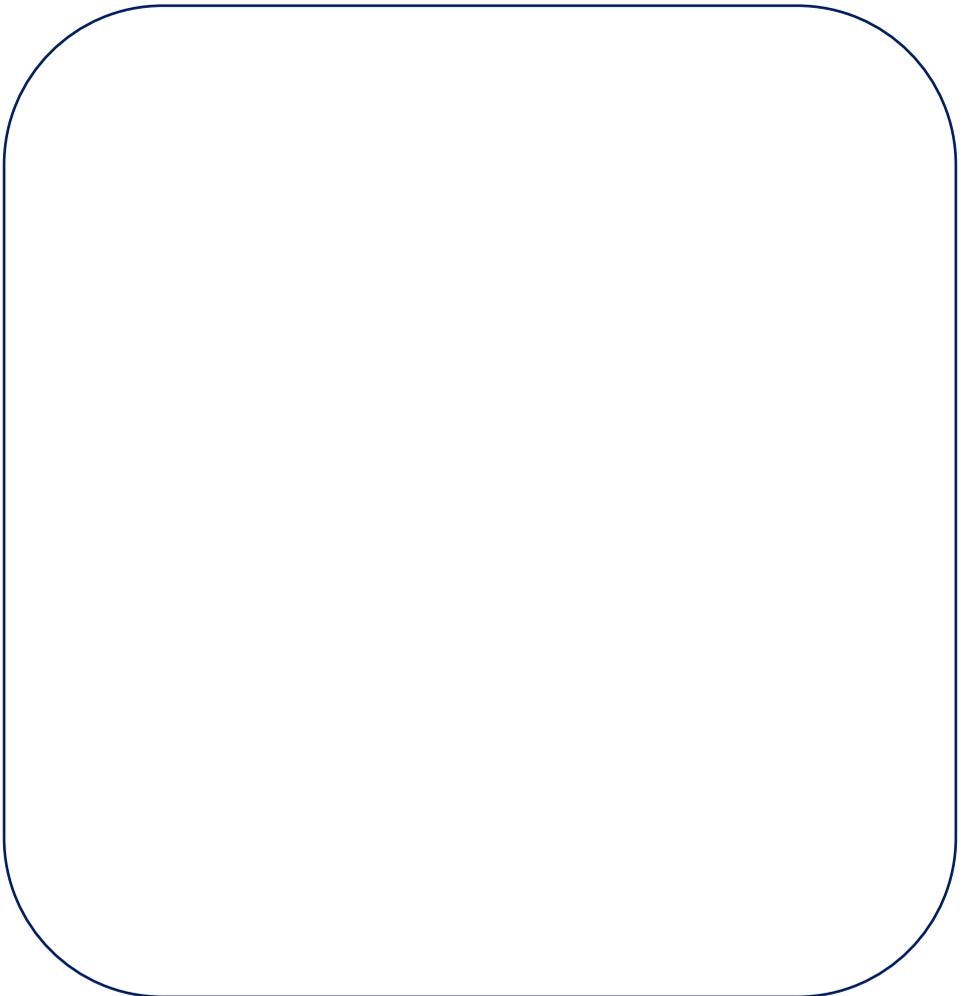
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Theme: Whatever Next and Imagine

What this theme is about: What further actions (however small) would you like to try out, to take forward any learning or insights from this experience into your work?

Typical Sentences might Begin with:

I'm going to think more about ... I want to chat to... A small idea I've have ... I wonder could we have a go at...

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