

Reflection on Action

Influencing Purposeful Change in Ourselves & Communities

Do you often feel that you'd like to step back and be more intentional about how you work?

Would you like to be more effective in influencing change in your community?



Date: Friday, June 17, 2011

Time: 8:30 am - 4:30 pm

Location: Prince George Native Friendship Centre (1600 Third Ave)

Cost: \$90.00 (includes HST). Lunch included

More Info: www.bchealthycommunities.ca

To Register: bchc@bchealthycommunities.ca or Phone: 250 356 0876



BC Healthy Communities
People. Place. Potential.

Join us for a one day workshop on reflection-on-action, delivered by the [Storytellers' Foundation](#). You will explore theories on reflection and change and identify the governing variables that influence your practice. This day is highly interactive. By the end of the day you will be familiar with the reflection-on-action tool kit and you will have the knowledge and information necessary to guide a small group of colleagues in weekly reflective practice.

What is Reflection-on-Action?

Reflection-on-Action is a form of reflective practice. Reflective practice is about change. The process of change usually begins by examining our beliefs and practices, and our assumptions about our practice.

Reflection-on-Action is a structured process to help people critically examine their practice along with colleagues. A reflective tool helps practitioners describe their workweek, identify how they are feeling about their workweek, and identify elements of their work that they'd like to look at more closely. The process also directs practitioners to identify broader goals or aims they hold for their practice. On a weekly basis, the practitioners reflect upon and discuss how their day-to-day work activities have helped (or hindered) them from realizing these broader goals or aims. And the guiding questions help practitioners clearly articulate the emerging theories that come from their experience.

Who should come?

This workshop is intended for busy practitioners and community leaders of all ages who want to be more intentional to make space in their work for learning and reflection. Past workshops have included folks working in health, community development, literacy, education, environmental advocacy and social justice.