

Julie Lee Therapy

Your wellbeing is in good hands!

What is Reflective Practice?

Reflective Practice offers regular, monthly, structured sessions which create a supportive environment for staff to critically reflect on their work, which promotes learning, resilience, and enhances practice.

Imagine ending a challenging week and having the opportunity to reflect on it as if you could time travel back to Monday morning. What would you change, and what would you keep? While we can't actually time travel, reflective practice offers a similar opportunity to learn from our experiences and apply those lessons in the future. It's about thoughtfully considering what went well and where improvements can be made—leading to meaningful growth both personally and professionally.

Reflective practice encourages staff to process their experiences and work collaboratively to improve decision-making, enhance emotional intelligence, and gain new insights. The benefits extend to improved staff well-being and better outcomes for service-users, fostering a culture of continuous learning and improvement.

Reflective Practice Groups: Structure and Benefits

Reflective practice groups offer a safe space for staff to explore their thoughts and emotions in a non-judgmental setting. These sessions help identify personal and professional strengths, as well as areas for growth, while fostering creativity and collaboration. By engaging in these groups, your team will benefit from:

Increased emotional resilience and well-being

Enhanced communication and team dynamics

Improved decision-making and reflective capabilities

A more engaged, satisfied workforce

Session Details

Sessions are held online, lasting 1.5 hours each, with groups of 3 to 6 participants.

They can be purchased in packages of:

3 months at a fee per person/month (agreed at time of enquiry)

6 months at a fee per person/month (agreed at time of enquiry)

Additionally, I offer an annual review with management to assess the impact and explore the evolving needs of your team, charged per hour.

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