



Reflective writing

Reflective writing is an assessed part of some courses. It is also a valuable method of helping individuals think about their work and their lives.

This three-hour course helps participants to:

- see how deliberate reflection on their work, performance and actions can enhance their learning,
- move from stating facts to assessing the situation,
- increase their ability to empathise with colleagues, patients and society,
- discover tools that stimulate reflective writing
- explore uses of reflective writing in work and personal life situations

Who will benefit?

- Organisations that require colleagues to assess a situation, draw lessons from it, and use the experience to guide future decision-making', and
- Individuals who work, or intend to work, in environments where they have a high degree of responsibility and are expected to make decisions that draw from previous experience, but where those decisions often reach beyond anything that has happened before.

You should you attend if you would like to:

- increase your ability to gather information and analyse it in a way that leads to creative outcomes, and
- develop writing and thinking tools that can lead to greater achievement and satisfaction.

Participant comments

"Very helpful. Helped me to understand my own strengths and weaknesses and got tips for improvements."

Lecturer, University of Aberystwyth

"I judge courses/books/articles by how much they make me think and his one was certainly thought provoking."

PhD student, University of Exeter

To book a course
or ask questions
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