

Reflective Practice Peer Group Facilitation Guide

I. Feeling Word Activity

Begin the group asking folks if they would like to share one or two words to describe how they are feeling today.

II. Reflective Supervision

- Ask if anyone has an experience or story of using reflective supervision that they want to share with the group. It could be a success or challenge.

Process Questions to facilitate the discussion:

- What was it like asking that question?
- What was it like to hear that from your staff?
- Did you notice any changes due to the conversation?
- How did it feel taking time to focus on the feelings?

Reflections to support the discussion:

- Thank you for sharing that, you're not alone in those feelings
- Sounds like things are really hard right now, thank you for acknowledging those feelings.

- Ask if anyone wants to share an experience of receiving reflective supervision from their manager.

Process Questions to facilitate the discussion:

- What was it like to share with your manager?
- How did it feel when that question was asked?

III. Optional Reflective Activity

- Choose a reflective practice activity from the Reflective Practice Activity Cards to use with the group.
 - This is not an exhaustive list of reflective activities. Please create your own or make changes to meet the needs of your group.