**THE HR PROFESSIONAL**

**Learning Outcome 5: ACTIVITY 2**

**SMALL GROUP ACTIVITY**

**Benefits of reflective practice**

**Aim:**

The aim of this activity is to develop an understanding of the benefits of reflective practice.

**Objectives:**

* To identify benefits of reflective practice at both a personal and organisation level.
* To identify examples of benefits which have been gained through reflective practice.

**Task brief:**

Considering the three different accounts you explored in Activity 1. Identify at least 3 outcomes or benefits at an individual and organisational level of reflecting on the experience. Add these ideas to the relevant flipchart (e.g. closure – a realisation that the situation could not be changed).

**Outcomes:**

A list of benefits of reflective practice will be developed.

**Time:** 20minutes.