REFLECTIVE PRACTITIONER

3 BIG IDEAS

Reflective practice is an ongoing proactive process

Reflective practice domains include reflection on self and reflection on practice

Reflective practice is a collaborative process

2 WAYS TO PUT THIS INTO PRACTICE

Identify/create habits and rituals to ensure reflective practice in your daily life

Consider collaborative approaches to examining both your client's and your own worldviews and how they influence your professional roles

1 NEXT STEP

What can you include in your daily routine to grow your reflective practice?

- Be specific about a measure/change/action
- Identify needed supports/resources
- Decide when and how to get started

What indicators would you notice that you have become a reflective practitioner?

How will becoming a reflective practitioner change you?

ADDITIONAL RESOURCES

Arthur, N., Borgen, R., & McMahon, M. (2025). Career development practices: What theories and models have to offer. *Canadian Journal of Career Development, 24*(1), 85-105.

Arthur, N., Borgen (Neault), R., & McMahon, M. (2024). *Practice principles: Career theories and models at work*. CERIC.

- Chapter 2: Career Development Practice Integrates Practitioner Reflection (pp.9-18)

Arthur, N., Neault, R., & McMahon, M. (2019). *Career theories and models at work: Ideas for practice*. CERIC.

10 Tips to Strengthen Your e-Working Relationships

Life Strategies Ltd.

WWW.LIFESTATEGIES.CA