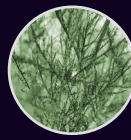


# A CYCLE OF REFLECTION

A critical reflection process connected to the cycles of the year

- SPRING EDITION -





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# A CYCLE OF REFLECTION

Undertaking reflection is a critical component of social practice. It enables us as practitioners to continue to grow and develop our practice through praxis loops (i.e. by digesting our experiences into personalised theories and frameworks, which we can in turn reapply in other practice settings). Whilst reflection is often a core skill taught to new practitioners, it can become a process that more experienced practitioners take for granted, falling into routines of rote-learned reflection pathways. This can begin feeling like your reflective practice provides diminishing returns for growth and development compared to early practice.

So how do we revisit and revitalise our reflective practice?

Admittedly, there are many ways to reinvigorate reflection as a practice. However, this can sometimes feel overwhelming because processes are not always clear cut, and you find yourself having to patchwork your way into a newer pathway. This can be compounded by the fact that many reflective processes are often framed as being singular and individualised (i.e. they happen in a single session or in a particular instance). And often, it's hard to "fix what ain't broke," when there are a million and one other pressing matters and issues to deal with in the course of your work week.

I'm not saying that I have the answer, but one way that I've found useful is to consider the idea of cycles and flow. Nature is cyclical. So what if we attuned our reflection processes to the natural environment? Rather than give you a whole spiel about the cycles of nature and seasonal flow, I invite you to explore this resource and see how it might resonate with your own reflective practice. Particularly, I want to challenge you to invite play and curious observation into your practice, rather than thinking about this as a rigid and linear framework.

## ***Here a couple of guidance tips:***

- ◆ Approach these exercises with curiosity - avoid judgement or assessment of yourself or experiences as "good" or "bad".
- ◆ Remember, the idea of critical reflection is to allow ourselves space to explore and grow from our experiences.
- ◆ Embrace the idea that we are whole people - think about your practice in the context of your whole multidimensional life.

If this hits different for you, I invite you to get in touch ([contact@sailiga.com](mailto:contact@sailiga.com)) and let us know your thoughts and experiences.

# A CYCLE OF REFLECTION

# SPRING



*Spring is the time when the Earth is waking up again. The days are getting longer, the kōwhai are beginning to bloom, and the song of the pīpīwharau signals the shift from the cold, dark of winter into brighter and crisper days. For many, it's often a sign that BBQs and beach days are not far off!*

*As a transitional time, spring invites us to move beyond the introspection of winter and to reengage with the world outside, preparing us for times ahead. Traditionally, spring is a time of planting seeds and new growth. All of this offers us a useful touchstone for us as practitioners to reflect on how we roll in the world and the work.*







# TILLING THE SOILS

*This is about reflecting on your past 3 months in preparation for what's to come!*

1. How have things been since Matariki? What has been unfolding for you personally and professionally?

2. What are 3 things you have realised about your practice/work?

3. What are the things you need to send off to become compost/mulch?

4. What does it look/feel like to let these things go?



# PLANTING SEEDS

*Thinking about the goals and aims you set for yourself at Matariki...*

1. What is currently emerging in your work/professional life? How do you feel about that?

2. What 1-2 things would you like to explore and/or develop over the next 3 months?

3. Right at this moment, what are the next steps that will enable you to get there?

