

Reflective Account

Section 1 – Your Details

Your Name	
Designation (your role)	
Date of Reflection	
Number of Pages	

Section 2 – What?

Choose one or more of the prompts below to describe:

- What happened?
- What did you notice?
- What did you find surprising?
- What did you learn?

Section 3 – So What?

Choose one or more of the prompts below to explain:

- What went wrong? Why?
- What went right? Why?
- What were you feeling at the time/afterwards?
- What did you learn about yourself?
- What did you learn about others?
- What conclusions can you draw from this experience?

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Section 4 – Now What?

Choose one or more of the prompts below to identify:

- What would you do differently if you had a similar experience?
- What will you take from this learning to apply to your practice?
- What else would you like to learn?
- What else do you need to do to address any challenges that arose during this experience?

Your Name	Your Signature