



3 TOP TIPS FOR REFLECTING

- 1.** Choose a time of day that suits you. You know when you are feeling prepared enough to spend quality time thinking about yourself, your work, your staff etc. Good planning is essential so that you build in your reflection time.
- 2.** Find a critical friend (who may or may not be your mentor) with whom you feel comfortable and whose decisions and judgements you trust. Your critical friend's role is to challenge and provide feedback in a supportive manner.
- 3.** Be frank and honest with yourself. It is the frank and honest self those important insights arise.