

Using the three forms of reflection: Before, during and after action

In conversation with Rebecca Norton

Summary of Podcast content with timings

- 0.30 So, Rebecca, what does this (the three forms of reflection), immediately mean to you?
- 0.50 It's interesting to see it in three forms – do most people see reflection as an 'after' thing?
- 0.55 I think the one people are least likely to do is the one *before* action.
- 1.10 The word 'reflection' does for many, carry with it a kind of in-built retrospective element.
- 1.20 Reflecting forward, in advance of an experience can make it more effective and enjoyable.
- 1.30 Planning in advance means anticipating challenges, thinking about how you make this work.
- 2.00 If all we do is reflect retrospectively, we can't influence activity – it's happened.
- 2.10 The more ready we are for an activity, the more value we can gain, and more impact can be made.
- 2.45 If self-aware, during an experience you can identify feelings and take actions that make it end better.
- 3.10 When something isn't working, anger, frustration, being upset can get in the way of best outcomes.
- 3.30 These conversations peel back outer layers of an issue, prompting deeper analysis and insights.
- 3.45 We don't have to be passive recipients of an experience, if we are ready we can influence outcomes.
- 4.00 It's important to reflect on all experiences particularly those that don't go well, as learning.
- 4.20 Sometimes learning is seen as a remedial, corrective thing - we should reflect on the positive too.
- 4.40 Reflecting on positive feelings embeds 'good habits' we remember and repeat positive actions.
- 5.00 The more conscious and deliberate we are in our learning the more we can enjoy this.
- 5.10 It's about being 'present in the moment', being fully aware of what's going on.
- 5.55 For me 'in the moment' reflection is the hardest, seeing the value of a learning experience 'live'.
- 6.25 After something has happened I often reflect on why I didn't say this or do that...I wasn't ready for it.
- 6.45 Effective reflection before action can prepare us better to get the most from what is about to happen.
- 7.00 All we can gain from retrospective reflection is a plan to get the most from a similar next time.
- 8.10 It's only in advance of something we can proactively influence an event to our advantage.
- 9.50 From a coaching perspective this is a powerful model I will use a lot.