

REFLECTING ON CHANGE

Kate Mills

CCT: Reflective Practice

May 2020

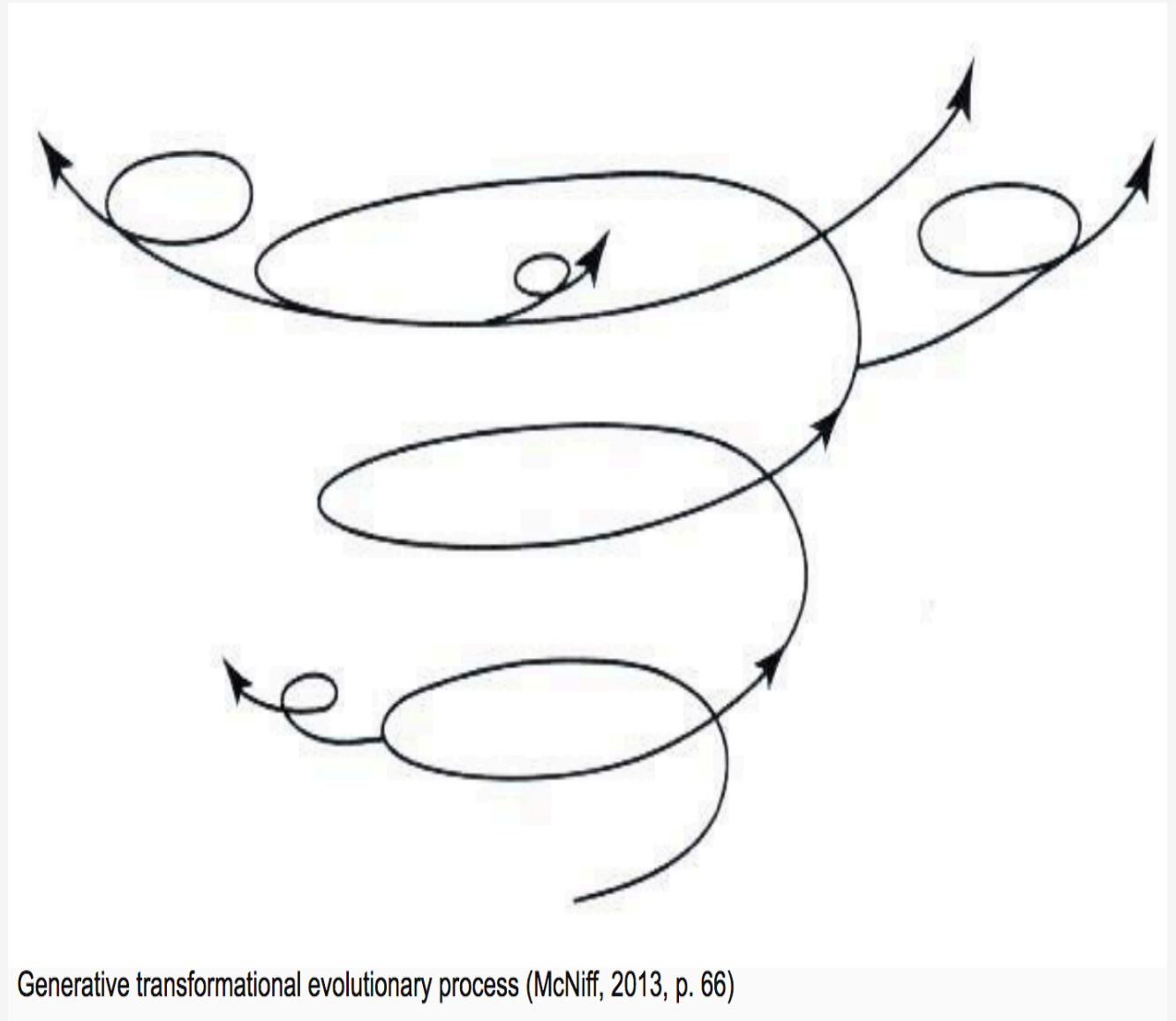
Why Meditation?

*(Break a leg, right time & right
place)*



Ch..ch..ch..ch *changes*

*(Action research and reflective
practice, Jean McNiff, how we
make changes in our life)*



Bike riding

(The beginners mind, what it takes to start riding a bike again)



Three Ps for Change

*(previous knowledge, newly
discovered, love surfacing
known knowledge)*


- Preparation
- Patience
- Purpose (really motivation,
but I like alliterations)



Reflective Practice

*(the fourth P and what I have
learned. Facilitating and
Opposing Forces.)*

- Ask for help
 - Routine underpins change
 - Self-care is allowed
 - Know yourself....

 - AND Opposing Forces
-
- 

Ask for help

*(Don't be a purist, ask for help,
use tools and build a
constituency – from Action
Research)*



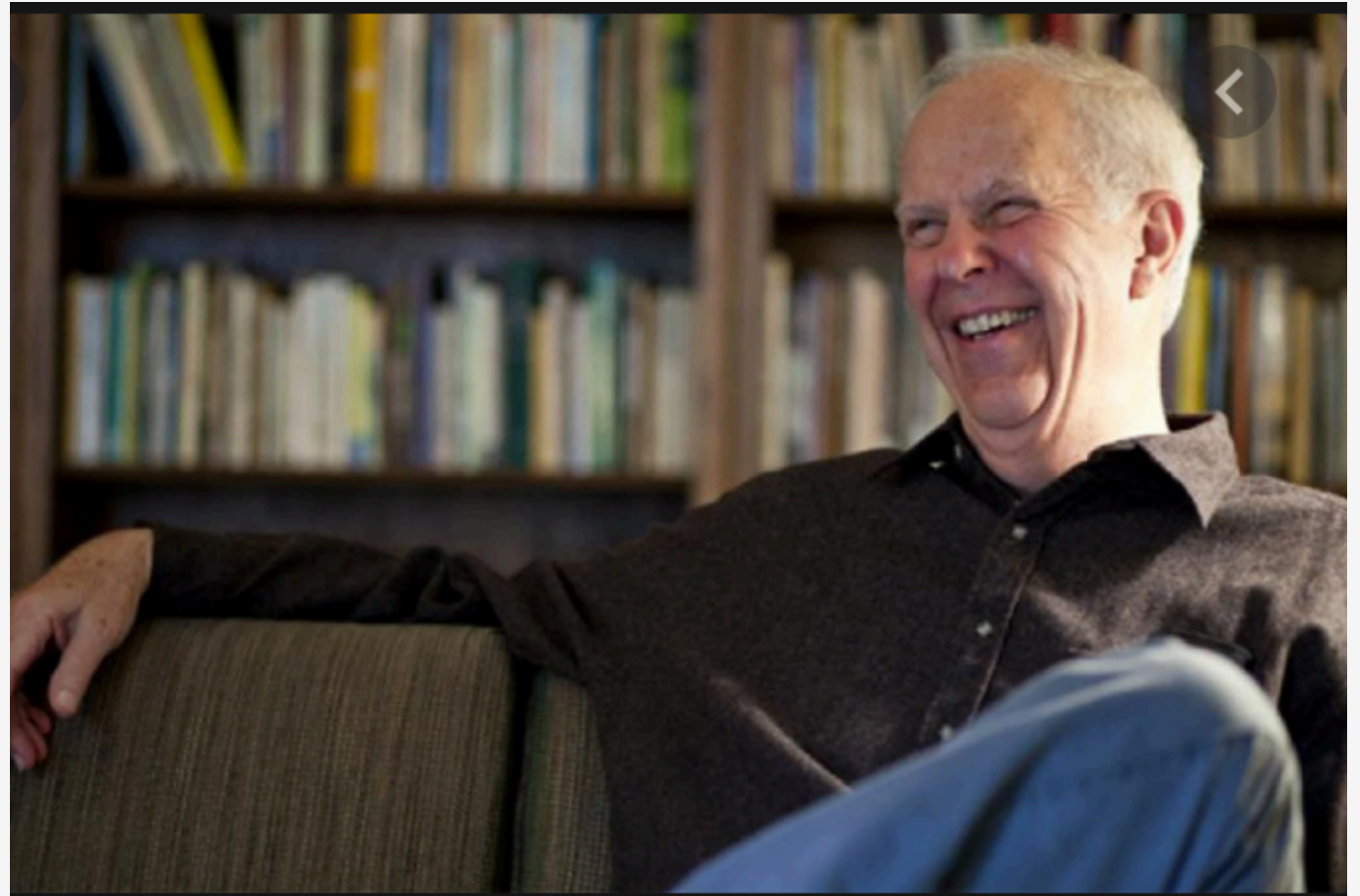
Routine underpins change

*(tack change onto an existing
routine if you can)*



Self-care is okay

*(thanks Palmer Parker,
motherhood conundrums)*



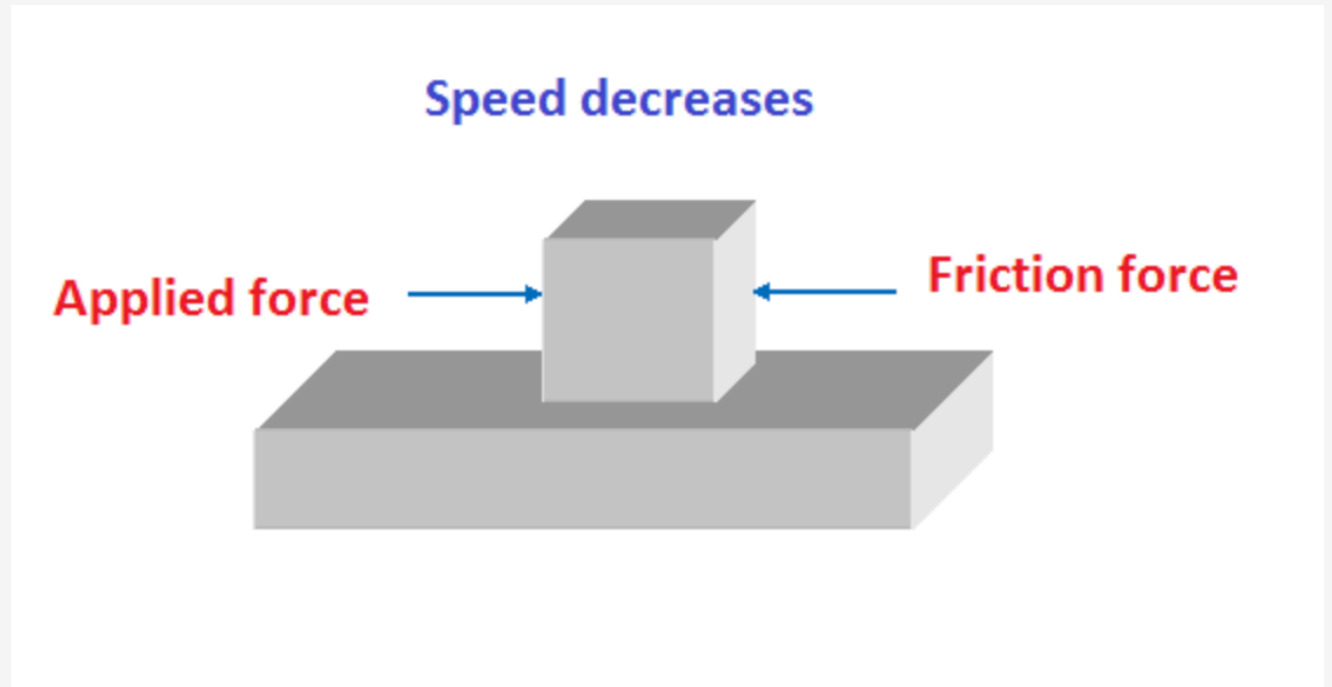
Know yourself

*(get things done early in the
day)*



Opposing forces

*(all the things that won't let
you get done the things that
you want to get done)*



Resistance to change

*(changing materials was
probably the most interesting
point)*



Volatility

*(the world changes and how do
you react)*



*Drop in
motivation*

MISSING:

MOTIVATION

REWARD IF FOUND

*A map for
change
using
Reflective
Practice*

