





ESSAYS RELATING TO IRELAND

who was long since from the English's point of view, Ireland no longer a source of wealth but a source of trouble. Ireland was a source of trouble to the English, and the English were not to be troubled by Ireland. Ireland was a source of trouble to the English, and the English were not to be troubled by Ireland. Ireland was a source of trouble to the English, and the English were not to be troubled by Ireland.

ESSAYS RELATING TO IRELAND

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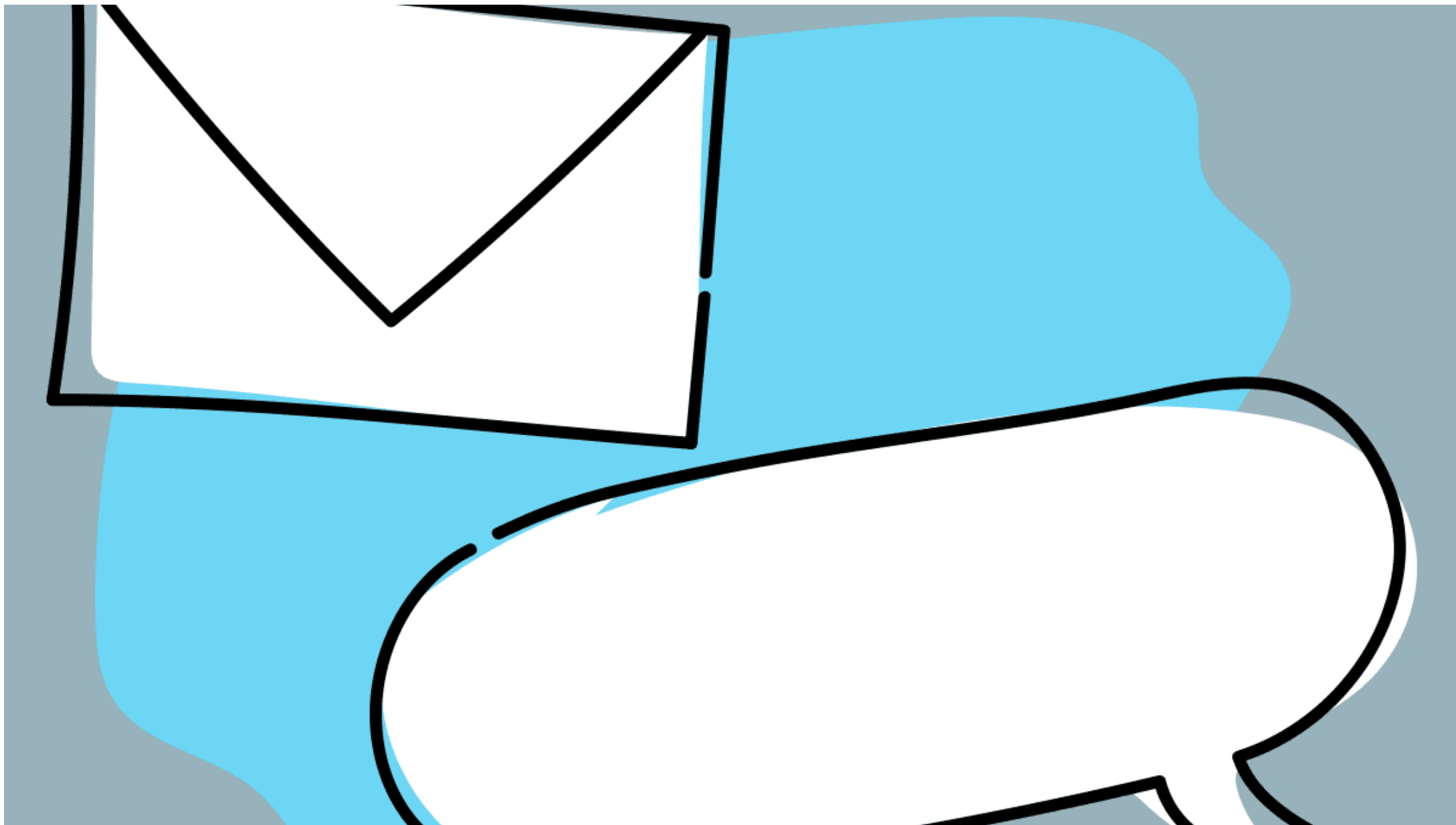
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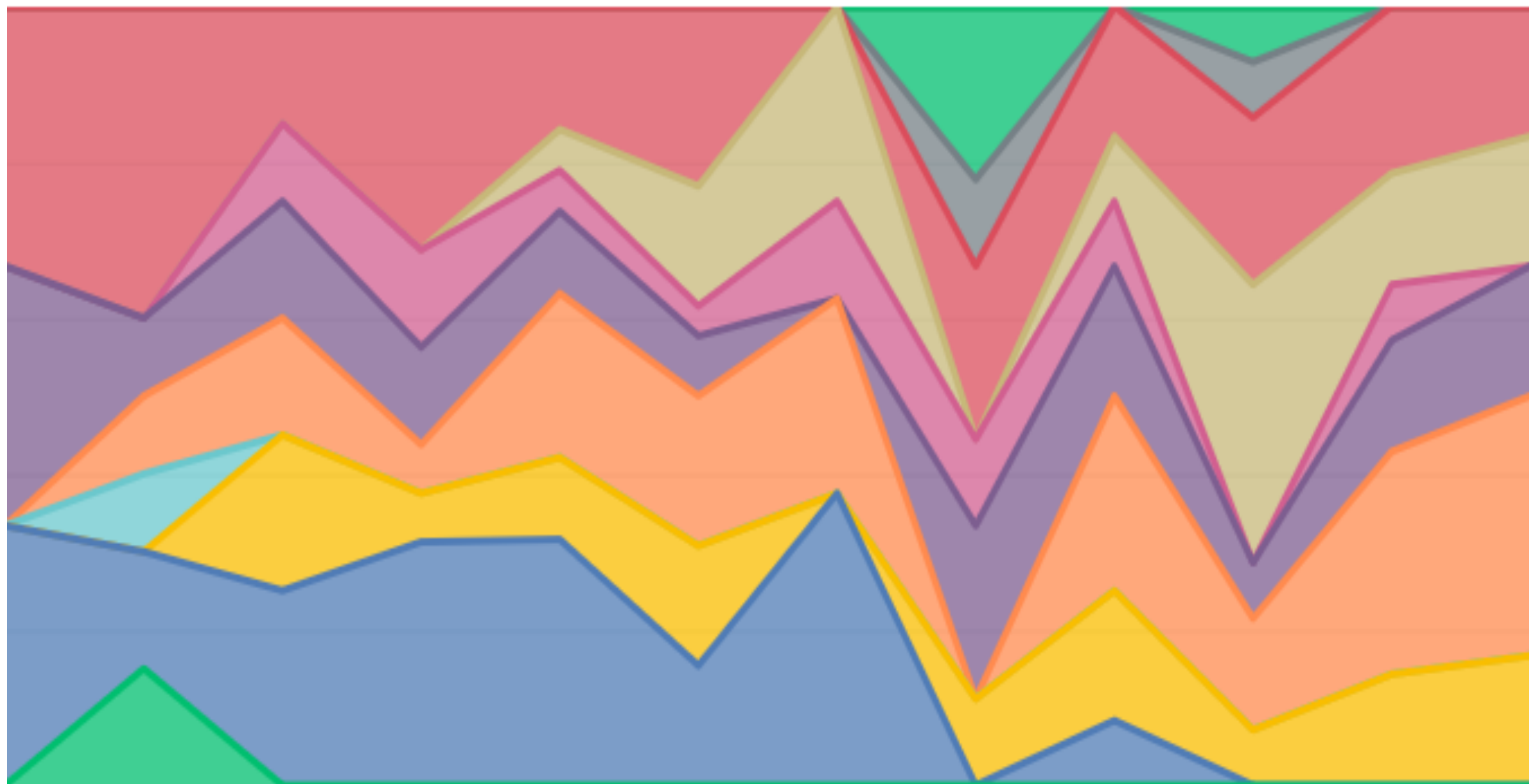
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## Reflective Practice (iii) - Thinking Time

1. Which fruit/vege are you?

2. What?

Set the scene: *described what happened?*

3. So what?

Reflect on what happened: *what was good, bad, and unexpected about the experience?*

4. Now what?

This is your action plan: *what are you going to do?, and, if it arose again, what would you do?*

5. What dots did you join?

Events, people or organisations e.g. organisation x is now engaged with supporting y, person c met with person y.

## Reflective Practice (iii) - Thinking Time

6. Which of our Principles of Working did this event align with

- Transparent line-of-sight from policy to action
- Emphasis on multi risk approaches
- Prevention developed and delivered at scale
- Outcomes focused
- Whole of community, whole of systems approach
- Leadership developed and supported at every level
- Culture of action, reflection and experimentation
- Collective impact approaches
- Mix of universal and targeted approaches to inequity
- Involvement of priority populations
- Place based approaches
- People centred approaches
- Healthy and sustainable environments

7. For the strongest principle:

1. describe how it was evident
2. reflect what its role was

## Reflective Practice (iii) - Thinking Time

8. Which Habits of a Systems Thinker did you demonstrate in this event?

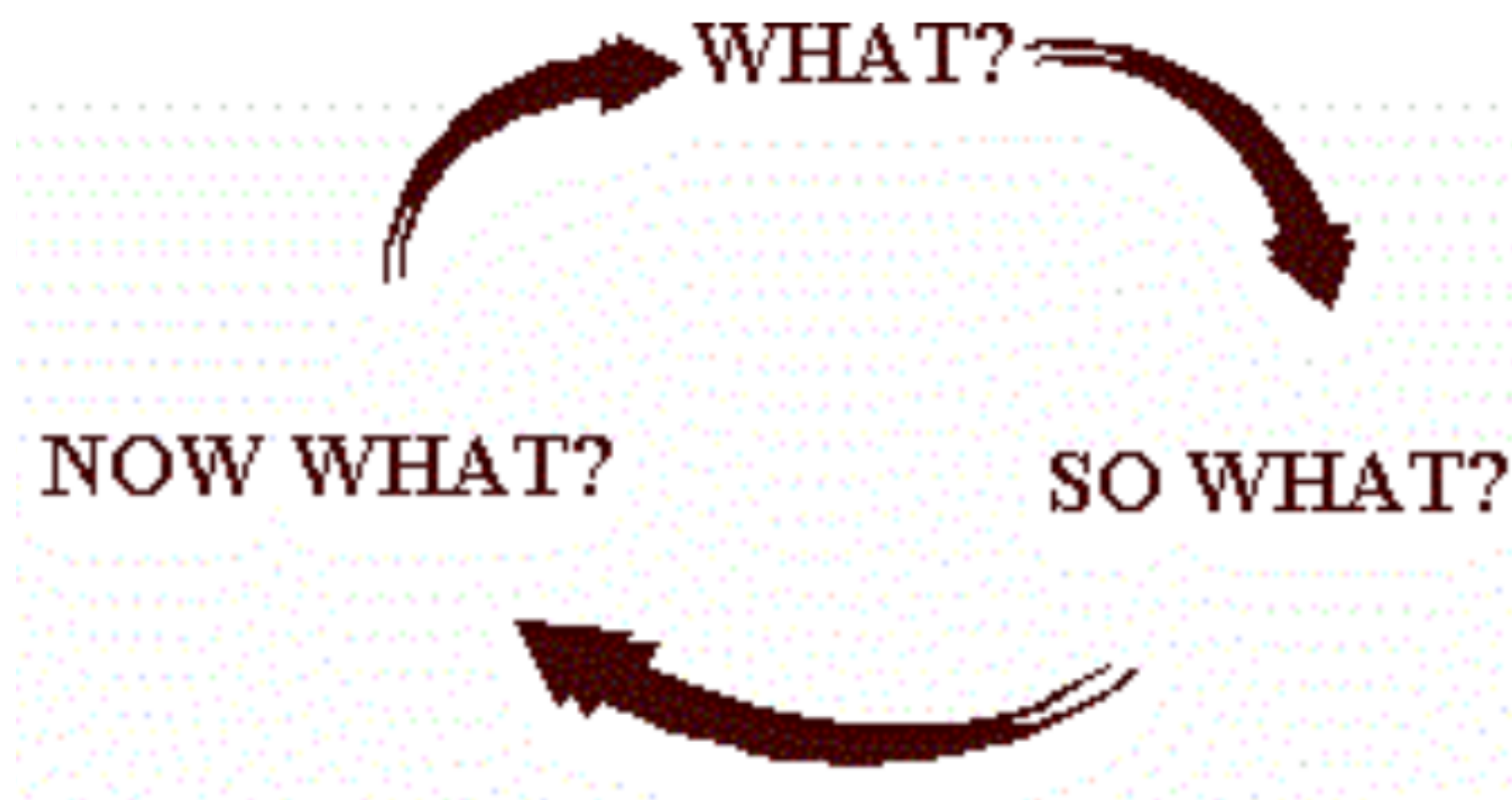
- Surfaces and tests assumptions
- Considers short-term, long-term and unintended consequences of actions
- Pays attention to the accumulations and their rates of change
- Considers an issue fully and resists the urge to come to a quick conclusion
- Recognises the impact of time delays when exploring cause and effect relationships
- Considers how mental models affect current reality and the future
- Checks results and changes action if needed: successive approximation
- Uses understanding of system structure to identify possible leverage actions
- Changes perspectives to increase understanding
- Identifies the circular nature of complex cause and effect relationships
- Recognises that a system's structure generates its behaviour
- Observes how elements within systems change over time, generating patterns and trends
- Seeks to understand the big picture
- Makes meaningful connections within and between systems

9. For the strongest principle:

1. describe how it was evident
2. reflect what its role was

Prev

Next



“ Reflective practice has allowed me to not only reflect upon my work on a weekly basis by reviewing my actions, it has also **allowed me to delve deeper into understanding why and how I can improve on my work practice.** The reflective practice process to me has **opened up potential linkages** with the system allowing key opportunities within the system to **emerge**. This process has **enabled me to unlock actions and bring situations to surface**, which potentially may have not have occurred without the process of reflection. ”

“ I have found linking my reflections to the habits of a system, has been a beneficial process. This process has **forced me to think more deeply about my actions** – and how these actions fit into the bigger system and the influence that it can have on the system. Reflective practice has **allowed me to gain a critically understanding** of my work, which I believe has helped me **continually develop my skills**, approaches and understanding of my own work – in turn **improving my work outcomes...** ”

“ ...reflective practice has highlighted...**the importance of communication and keeping lines of communication open**. Not only does this enhance understanding but helps to provide a shared agreement between parties/stakeholders involved in the process, allowing others to take ownership and align priorities accordingly.

...this was evident when working with the...Committee (who) had little knowledge about ...current funding requirements and how they could enhance the current programs.

Through improving communication with the committee, they now have better understanding of the programs, and are taking responsibility for obtaining funding through a grant proposal.”

“

If you're motivated to see what people really think,  
make sure the process will give you the truth

”