

The work of a reflective supervisor/practitioner is to scaffold and help another maintain an arousal level between rest and vigilance where conditions for insight and learning exist.

Follow effective
action with reflection
and from this comes
more effective action.

Mindfulness means
connecting deeply and
directly to what is
happening without
becoming one with it.

Shanon Salzberg 2001

Without reflection we go
blindly on our way
creating more unintended
consequences and failing
to achieve anything useful!

We don't learn from
experience, we
learn from reflecting
on experience.

John Dewey

No one listens or
learns till they feel
understood and
heard.

Do unto others as
you would have
them do unto
others.

Jerée Pawl

Real relationships can survive a “rupture” and be strengthened by repair.

Self-care is never a selfish act. It is stewardship of the gift you were put on earth to offer others – your true self – so caring for self allows you to care for others whose lives you touch.

Stress makes us
forget what we
already know.

Between stimulus and response there is a space. In that space there is a space. In that space there is power to choose and to grow.

Viktor Frankl

We cannot transmit wisdom to another person. The seed is already there. We all have it, but we can forget to water it. A good teacher touches the seed allowing it to wake, sprout and grow.

We learn by three methods:

- 1) Reflection is the most noble.
- 2) Imitation is the easiest.
- 3) Experience is the most bitter.

When the mud
settles, you will
see clear...