



Reflective Learning Log

Cultivating Coaching Cultures

Metanoeo CIC

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Introduction

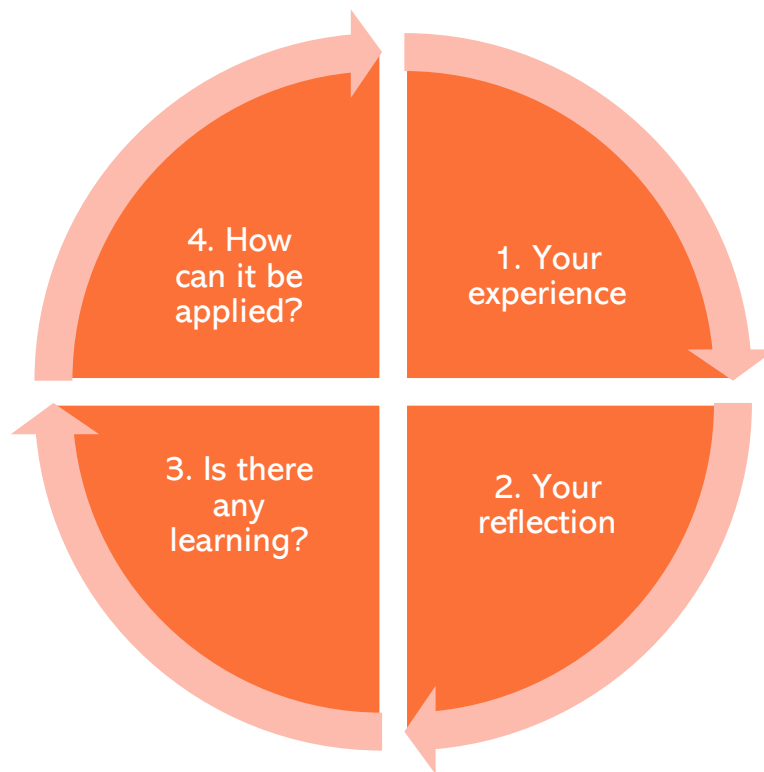
An important part of the learning process for this programme is your own reflection. This short guide is intended to help you get started with recording and reflecting on your own practice.



Dr Dave Wood,
Course Tutor

Learning to reflect

David Kolb is an American educational theorist who has proposed genuine learning and development could only be achieved through structured reflection. He created a structure known as *Kolb's Reflective Learning Cycle* to help facilitate the process:



When using the circle, the individual reflecting first takes a concrete experience they have had. This involves the reflector in being open to and aware of experiences as they occur and be willing to look back to experiences after they have happened to explore the event. Making uses of their senses and feelings, the individual then reflects investigating the experience. This often includes becoming aware of the impact of their own intuition and ideas which informed their choices and the options between which they chose.

The reflector then seeks learning from their reflection. At this third stage of the cycle their analysis of their experience and reflection is used to create meaning through conceptualising their observations and reflections on the event. Developing this thinking process, the reflector moves into the fourth stage of the cycle where plan and then actively experiment with their findings.

The cycle then continues as the newly developed behaviours and practices become an opportunity to create a new event upon which to reflect.

If you are interested in finding out more about reflective learning you might want to read:

- [Peterson, K and Kolb, D \(2017\), *How You Learn is How You Live: Using nine ways of learning to transform your life*, Berrett-Koehler Publishers](#)
- This can be purchased via <https://amzn.to/3eYMFo5>

To dig more into the subject of reflection in learning try these further free resources:

- Kolb's learning styles and experiential learning cycle - <https://www.simplypsychology.org/learning-kolb.html>
- The 3-minute Kolb - <https://www.youtube.com/watch?v=ObQ2DheGOKA>

Creating your own reflective learning log

After any workshop or practice experience we would encourage you to spend fifteen-minutes using Kolb's cycle to develop not only the practice, but also to create explicit learning points for you to put into practice. As you experiment with these new skills you are encouraged to continue to reflect for ongoing learning and to hone your development.